

创造教育训练丛书

(高中新教材同步练习)

英语

YINGYU

高一下



蔡平 主编

中国林业出版社

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前 言

本套丛书依据新教材的体系与特点、新教学大纲的课时计划与教学要求，以及高考“3+文综(理综)”方案编写。

根据学科特点，每本书中设置不同栏目。本书中“同步练习”所选习题少而精，旨在帮助学生循序渐进地消化、梳理所学知识，提高灵活解题的技巧和能力。根据教学进度的需要，我们适时插入“阶段练习”和“期末测试题”，各测试题都以试卷形式给出，并附有参考答案及评分标准，便于教师选用及学生自我检测。

整套丛书的设计既体现知识体系，又符合学生的实际水平与认识规律，重视直观性与可操作性，贴近大多数学校及学生的需要。书中疏忽或不当之处，敬请广大师生指正。

编 者

2006年1月

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Unit 13 Healthy eating

I. 单项填空:从 A、B、C、D 四个选项中,选出可以填入空白处的最佳选项。

1. The doctor _____ my father to give up smoking for his good health.
A. made B. suggested C. let D. advised
2. — _____ you like to have some noodles _____ supper?
— Yes, I'd love to.
A. Can; with B. Would; for C. Could; to D. Will; of
3. He's too fat and the doctor suggested he _____.
A. had to lose some weight B. put on weight
C. to take less exercise D. should lose some weight
4. She was so _____ that she fell _____ at her desk while the teacher was giving the lecture.
A. sleeping; asleep B. sleepy; sleeping
C. sleepy; asleep D. asleep; sleepy
5. I've got some _____ in my back. But I can't tell exactly where _____.
A. pain; hurts B. pains; they're hurt C. pains; it is hurt D. pains; it hurts
6. Sir, you _____ be sitting in this waiting room. It is for women and children only.
A. oughtn't to B. can't C. won't D. needn't
7. The sick man must not go without _____, but he must have a _____ without salt.
A. diet; food B. food; diet
C. food; food D. diet; diet
8. — Oh, I can't sleep well these days, I woke up several times last night.
— _____? Then you'll be fast asleep.
A. Why you don't go to see the doctor
B. Why not take some exercise before going to bed
C. Why didn't you go to see the doctor
D. Why not you take some medicine
9. Only in that way _____ expect to get respect from others.
A. you will B. won't you C. you can D. can you
10. — Shall I put the bike here?

—_____. Tom may want it be in its usual place.

A. I don't agree

B. No problem

C. You'd better not

D. You can't do that

11. _____ energy is measured _____ calories.

A. The; in

B. /; with

C. An; through

D. A; by

12. Come at 8. That'll give me _____ time to get ready.

A. a number of

B. a good deal

C. a great many

D. plenty of

13. She was unhappy _____ what you had said.

A. because

B. because of

C. for

D. that

14. There was plenty of rain last year. It rained _____.

A. as many as seventy inches

B. as much as seventy inches

C. seventy inches more

D. over seventy inches

15. When _____ the peach, I found it too green to _____.

A. eating; to be eaten

B. eating; eat

C. ate; eating

D. eat; eat

II. 完形填空: 阅读下面短文, 从短文后各题所给的四个选项(A、B、C、D)中选出能填入相应空白处的最佳选项。

Most of the foods we eat today were at one time or another not known to man. One by one they are 16 and became a part of our everyday 17. Very often the person, who was the first to 18 these foods, however, had to be a person of 19. Who, for 20, ate the first crab (蟹) and who, the first mushroom?

When 21 and coffee were first introduced to 22 in the eighteenth century, there were many 23 for and against their use. Some people claimed (宣称) that they were 24, and that, if drunk over long periods of time, they would kill 25. In Sweden, King Gustav III decided to find out whether these 26 were true or false. It 27 happened that there were two brothers who were in 28 at the time; they were twins and were almost exactly alike in every 29. They had also been sentenced to 30. The King decided to let them live if one of them 31 to drink several cups of tea each day and the other, several cups of 32 each day.

Both brothers lived many years without any 33 of any kind. At last the brother who 34 to drink tea every day died at the age of 74 and the other died a few years later. Because of the way the 35 had turned out, Sweden is today one of the countries in the world where much tea and coffee are drunk.

16. A. introduced

B. produced

C. added

D. changed

17. A. drink

B. cost

C. diet

D. interest

18. A. cook

B. discover

C. try

D. check

19. A. success

B. courage

C. practice

D. imagination

20. A. free

B. ever

C. long

D. example

21. A. tea

B. tobacco

C. milk

D. chocolate

- | | | | |
|------------------|---------------|--------------|------------------|
| 22. A. America | B. Europe | C. Africa | D. England |
| 23. A. attempts | B. decisions | C. arguments | D. conclusions |
| 24. A. different | B. common | C. plants | D. poisonous |
| 25. A. a person | B. themselves | C. others | D. ourselves |
| 26. A. wishes | B. claims | C. doubts | D. conversations |
| 27. A. so | B. very | C. too | D. much |
| 28. A. school | B. hospital | C. danger | D. prison |
| 29. A. day | B. way | C. part | D. photograph |
| 30. A. death | B. dead | C. die | D. dying |
| 31. A. agreed | B. pleased | C. allowed | D. prepared |
| 32. A. milk | B. water | C. coffee | D. orange |
| 33. A. food | B. problems | C. taste | D. happiness |
| 34. A. had | B. enjoyed | C. allowed | D. insisted |
| 35. A. drink | B. experience | C. habit | D. experiment |

III. 阅读理解: 阅读下列短文, 从每题所给的四个选项(A、B、C、D)中, 选出最佳选项。

A

A few years ago a new hamburger restaurant opened on Wang Fuming Street in Beijing. Scores of people went there in the first days after its opening. Some people enjoyed it; others found it too expensive. "Not good value for money", one person said. A doctor told the newspaper: I advise people not to have hamburger. The foods that you buy in hamburger restaurants are high in fat, sugar and salt. All these things are eaten a lot in the West. They are not a healthy diet. As a result, many Westerners die at an early age from heart illnesses. Many of them have weight problems. They also have bad teeth, because of the sugar which they are always eating. Look at this cup of Coca Cola. There is as much sugar in it as eight pieces of sugar. Sugar is not a necessary part of a healthy diet.

36. The text mainly wants to tell us _____.
- the foods in hamburger restaurants are too expensive
 - the foods in hamburger restaurants are not a healthy diet
 - why so many people like the foods in hamburger restaurants
 - what to do with these hamburger restaurants
37. "Not good value for money," in the text means _____.
- the foods in hamburger restaurants are not good enough
 - the foods there are not good for health
 - the foods there don't taste good at all
 - the foods there are not worth the high price
38. From the text we can see that a hamburger restaurant is _____.
- the best place to meet friends

- B. a place people can enjoy all kinds of food
 - C. a place people can eat something quickly
 - D. a place only for young people
39. What are bad results of these foods according to the text?
- A. High prices and less people in other restaurants.
 - B. Heart illnesses, weight problems and bad teeth.
 - C. Crowded people in the hamburger restaurant.
 - D. The doctor's advice.
40. Which of the following is right?
- A. Wang Fuming Street is a street for all kinds of food.
 - B. Some Western foods are popular among many Chinese people.
 - C. The newspaper would call on people not to eat the foods any more.
 - D. The hamburger restaurants in China will have to sell Chinese foods.

B

"Americans are not as fit as they think they are," says Dr. Moginnis of the US Department of Health And Human Services. That should come as a surprise, because in the US, fitness is something you cannot get away from. You will see special stores full of books and cassettes telling you how to get fit. You'll meet joggers(步行者) in the park, and find at least one health club in every town.

But the figures(数字) do not look too good. More than 30 percent of Americans smoke, and 80 to 90 percent still don't get enough exercise. The situation is worse among children, who spend too much time watching TV, and too little time running around. The American diet, too, is less than perfect. Quick, ready-made food usually contains too much fat, salt, and sugar. And as usual, it is the poorest families who eat the worst food. Eating well means spending what they do not have - more time and more money. Americans know that they have a fitness problem. Many people feel they are too fat, even if their doctors do not agree. And 80 percent of people say they try to improve their fitness, even if they soon give up.

41. The main idea of the passage is _____.
- A. food and diet Americans have
 - B. health and fitness of the Americans
 - C. how to lose weight for the Americans
 - D. exercise is important to health
42. According to the writer, _____.
- A. Americans always think they are in pretty good health, but things are not like what they expect.
 - B. American children would rather have more exercise than watch TV.
 - C. Most Americans have enough exercise but some don't.

- D. Most Americans know the importance of exercise but they don't have time to do that or don't know how to keep fit.
43. From the passage we learn that _____.
- A. although some people never think about health problem, the others do think about it and try to improve it
- B. most Americans want to keep fit, and keep on doing exercise
- C. "keep fit" is a very common thing in American. Everyone knows its importance and enjoys doing it
- D. many people want to lose weight and take part in all kinds of activities in health club. Few people smoke
44. Which of the following statement is true?
- A. American food is much more perfect.
- B. Eating well doesn't need more time or money.
- C. The poorer a family is, the worse food they eat.
- D. Eating ready-made food can often keep people healthy.
45. Generally speaking, the situation of Americans' health is _____.
- A. good B. very bad C. not too good D. terrible

C

Do you like to eat out? Do you like to eat quickly? Do you like inexpensive food? Some people go to fast-food restaurants for these reasons. In the past, people usually went to diners for these reasons. In fact, many people in the States still go to diners today for the same reasons.

A man named Walter Scott had the first "diner" in 1872. It was not really a diner. It was only a food cart(小推车). People on the street walked up to the cart to buy food. These carts served late-night workers who wanted a cup of toffee and a late-night meal. The meal was a sandwich or boiled eggs. In 1887, Samuel Jones built the first diner big enough to allow the customers to come inside. However, they did not sit down. Later, people built diners with counters and stools(凳子), and people sat down while they ate.

Before long, many diners stayed open around the clock. In other words, people were able to eat in a diner at any time. Diners changed into other ways too. The original menu of sandwiches and coffee became bigger. It included soup, favourite dishes, and a breakfast menu. In addition, diners soon became permanent(永久的)buildings. They were no longer carts on wheels.

Diners today look similar to the diners of the early 1900s. They are usually buildings with large windows. Inside, the diner have shining counters with stools, booths(小间), and tables and chairs. People can eat all three meals in a modern diner.

Today, many people eat in fast-food restaurant such as Mcdonald's and Burger King. However, the diner remains an American tradition, and thousands of people still enjoy eating there. It was popular a century ago, and it is still popular today.

46. The underlined word "diners" means _____.
 A. a word coming from the word "dinner"
 B. a special kind of restaurant
 C. a place for shopping
 D. a place for dancing
47. What meals did the first diners serve?
 A. Breakfast. B. Lunch.
 C. Night meals D. All of the above.
48. When people came to the diner built by Samuel Jones, people _____.
 A. had to wait for a long time before they got their food
 B. had to stand while eating their food
 C. all praised Samuel Jones for what he had done
 D. had to cook the food by themselves
49. Soon after 1887, diners _____.
 A. didn't close until middle night
 B. closed only on Sundays
 C. were in service all day long
 D. served only soup and eggs
50. From this passage we know that _____.
 A. diner is a traditional and popular place in the US
 B. most people still eat in diners
 C. few people go to eat in diners now
 D. only poor people go to diners

D

Our eating habits are very important for good health and a body. There are times when most of us would rather eat sweets and ice - cream than meat and rice. Sweets and ice - cream are not bad for the stomach if we eat them at the end of a meal. If we eat them before a meal, they may take away our appetite(食欲). It is important for us to eat our meals at the same time each day. When we feel hungry, it is said that our body needs food. When we feel angry or excited, we may not want to eat. A long time ago, in England some judges used to decide whether a man was telling truth by giving him some dry bread. If the man could not swallow the bread, it was a sign(迹象) that he wasn't telling the truth. He was telling lies. Although it seems very strange and foolish it is indeed an excellent way of finding out the truth. A man who is worrying something has difficulty in swallowing anything dry. Because he is worrying, he loses his appetite and does not want to eat.

51. Why do we want to develop good eating habits? Because we want to _____.
 A. be healthy B. be happy C. eat more D. save time
52. It is good to eat sweets and ice - cream _____.

- A. after the meal
C. when our work is over
- B. before the meal
D. when we want to
53. We had better have our meals _____.
A. at any time each day
C. when our work is over
B. at regular time each day
D. when the meal is ready
54. According to the judges in old England, if a man tells a lie, he can _____.
A. drink milk or wine
C. hardly eat any dry bread
B. eat a lot of dry bread
D. swallow dry bread easily
55. A man who is angry has _____.
A. a better appetite
C. a poor appetite
B. a liking for ice - cream
D. to drink some cold water

IV. 短文改错

I was anxious expecting your letter, and at last
it has been reached me. I am very glad to know that
everyone at home is enjoying a good health as usual.
Things here are the same now as we were before.
The final examination would take place next week.
But I am now busy preparing my lesson. It's nice to
think the summer vacation is coming nearly. I can't
say how much I want to see you all again. I'm
looking forward to spend summer days with you.
Give my love to Father, Mother and anyone at home.

56. _____
57. _____
58. _____
59. _____
60. _____
61. _____
62. _____
63. _____
64. _____
65. _____

V. 书面表达

假设你是李华,你的朋友 Jenny 向你询问如何保持健康。请你给她发一个邮件提些建议。内容要点如下:

1. 注意合理饮食。多吃鱼、肉、豆类等,特别是新鲜蔬菜和水果,不要吃太多甜食。
2. 注意锻炼身体。劳逸结合,多参加体育活动。
3. 保证充足的睡眠。不要熬夜,每天至少睡 8 个小时。

注意:

1. 词数:100 左右;
2. 可适当增加细节,以使行文连贯;
3. 邮件的开头已为你写好。

Dear Jenny,

How nice to hear from you! In your letter you asked me how to keep healthy ...

Yours,
Li Hua

Unit 14 Festivals

I. 单项填空: 从 A、B、C、D 四个选项中, 选出可以填入空白处的最佳选项。

1. It was a small place then _____ what it is now.
A. compared to B. compared C. comparing with D. comparing
2. The lion is often used as a _____ of courage.
A. symbol B. mark C. theme D. sign
3. That was the day, I think _____ I'll never forget in my life.
A. the one B. when C. on which D. in which
4. Mr. Black _____ smoke after meals, but now he drinks tea for a change.
A. might B. may C. used to D. would rather
5. We are allowed to use the lab after class. That is to say, we _____ study and do some experiments there.
A. must B. may C. should D. could
6. China has thousands of islands and the largest _____ is Taiwan.
A. of which B. that C. which D. of them
7. They found they had a lot _____ common and got _____ well.
A. of; along B. in; on C. with; up D. on; off
8. In your _____, who is the best football player in the world today?
A. mind B. thought C. opinion D. advice
9. Selecting a mobile phone for personal use is no easy task because technology _____ so rapidly.
A. is changing B. has changed
C. will have changed D. will change
10. He will have to work as hard as he can _____ for the final exam.
A. prepare B. be prepared C. preparing D. to prepare
11. A Christmas card is a greeting card _____ Christmas to express good wishes.
A. sent at B. sending for C. is sent on D. is sending before
12. He didn't _____ what you said because he didn't _____ you.
A. believe; believe in B. believe in; believe
C. believe; believe D. believe in; believe in

13. She is a cheat rather than an honest girl. Don't _____ by her promise.
A. be taken in B. be taken up C. be taken to D. be taken over
14. As a rule, I never stay out late on a week night, because I _____ get up early the next morning.
A. should B. would C. have to D. must
15. — Tomorrow is a holiday! Why are you doing your homework?
— I am doing this exercise now so that I won't have _____ on Sunday.
A. one B. them C. to D. it

II. 完形填空: 阅读下面短文, 从短文后各题所给的四个选项(A、B、C、D)中选出能填入相应空白处的最佳选项。

With a heavy heart Sally arrived early on the morning of the *auction* (拍卖). It was almost a year since her dear grandmother passed away in this house. 16 the family business had failed and left them with heavy *debts* (债务). So the bank had 17 the family to have an auction sale to repay their debts.

18 the past several weeks, she had managed to save \$ 450 in order to *bid* (出价) on the 19. Surely this would be enough, she had thought. Now the 20 moment arrived. Looking around, Sally was surprised to see so many people had 21.

As the auction began, Sally waited. Finally, the time came to bid on the *quilt*. She held her 22 tightly and listened. The first bid was \$ 45. She was 23. It was so high. Quickly other people bid and soon the bidding 24 \$ 85. Sally cried out "\$ 450!" For a moment there was silence. Hope 25 her. She glanced again at the quilt, thinking how 26 her grandmother would have been with her at this moment.

Just then, from the back, another person shouted "\$ 475!" She lost her 27. Suddenly she couldn't help wondering why so many people 28 be interested in that old, dirty quilt. The quilt was sold for \$ 500 to a complete 29.

After the sale, she went to the counter to pay for the few items that were now hers. The woman at the cash desk handed her the quilt. "There must be some 30. Someone else got it," she said. A hand-written 31 was *pinned* (别住) to the quilt, which 32.

Dear Madam,

I noticed you admiring the quilt. Clearly, it was 33 to you. Please accept this quilt as my 34. I don't expect repayment from you, but do a 35 *favor* (帮忙) in the future for a stranger who happens to cross your path.

Yours,

A stranger

- | | | | |
|------------------|------------------|--------------|-------------|
| 16. A. Naturally | B. Unfortunately | C. Luckily | D. Probably |
| 17. A. hoped | B. waited | C. expected | D. forced |
| 18. A. With | B. At | C. By | D. Over |
| 19. A. house | B. present | C. furniture | D. quilt |

- | | | | |
|-------------------|---------------|----------------|--------------|
| 20. A. amazing | B. necessary | C. big | D. sad |
| 21. A. turned out | B. turned up | C. turned back | D. turned on |
| 22. A. purse | B. picture | C. book | D. quilt |
| 23. A. excited | B. frightened | C. worried | D. shocked |
| 24. A. rose | B. climbed | C. reached | D. raised |
| 25. A. told | B. helped | C. filled | D. gave |
| 26. A. pleased | B. anxious | C. angry | D. familiar |
| 27. A. thought | B. chance | C. way | D. faith |
| 28. A. could | B. might | C. must | D. would |
| 29. A. relative | B. customer | C. friend | D. stranger |
| 30. A. reason | B. secret | C. mistake | D. fun |
| 31. A. check | B. wallet | C. address | D. note |
| 32. A. read | B. wrote | C. spoke | D. showed |
| 33. A. wonderful | B. basic | C. pretty | D. important |
| 34. A. honor | B. respect | C. gift | D. thank |
| 35. A. particular | B. common | C. major | D. similar |

III. 阅读理解: 阅读下列短文, 从每题所给的四个选项(A、B、C、D)中, 选出最佳选项。

A

Cross was what people call a mysterious(神秘) man. We had known him for over five years, ever since he became a member of our club, but he had a way of keeping all his life to himself. We knew where he lived, though he never invited us to his home, and his age too, but only unimportant matters of this kind. It appeared that he did not have to work for a living as we did. He had once talked about a lot of money on which he managed to live comfortably. He was not, however, ready to spend money freely, he was not especially well-dressed and he did not even own a car. At the age of forty-five he remained single though, since marriage(婚姻) was not a subject he ever discussed, we had no means of finding out whether he was sorry for that.

Cross disappeared suddenly from our circle and shortly after we came to learn the fact that our mysterious man was nothing but a thief. From reports that appeared in the newspapers, together with photos of a man who was exactly our Mr. Cross, it was shown that he was a most experienced thief, operating mostly in London; and that he had practised this job for many years, until he was caught and sent to prison.

36. Which of the following statements is true?

- A. Cross had remembered the club.
- B. Cross had been in the club for a few years.
- C. Cross led a very hard life.
- D. His life was unimportant.

37. We knew his address _____.

- A. because he had not invited us to his home
 B. but he never had enough money to invite us
 C. but we always refused to be in his home
 D. though he did not ever ask us to drop in on him
38. He was never married _____.
 A. and he never talked about that
 B. till he was forty five years old
 C. as he did not own a car
 D. but he felt sorry not to have got married
39. We did not know that Cross was a thief until _____.
 A. he disappeared
 B. he appeared in prison
 C. he sent us his photos
 D. his name appeared in the newspapers
40. From the story we learn that Cross _____.
 A. worked in London
 B. was a man who made a living by stealing
 C. was a man with little money
 D. had a job for many years

B

Time spent in a bookshop is enjoyable. If you go to a good shop, no assistant will come near to you and say, "Can I help you?" You needn't buy anything you don't want. You may try to find out where the book you want is. The assistant will lead you there and then he will go away and look as if he were not interested in selling a single book.

There is a story which tells us about a good shop. A medical student had to read a textbook which was too expensive for him to buy. He couldn't get it from the library and the only copy he could read was in a bookshop. So every afternoon, he went there to read a little at a time. One day, however, he couldn't find the book from its usual place and was about to leave when he noticed an assistant signing to him. To his surprise, the assistant pointed to the book, which was in a corner. "I put it there so as not to be sold out." said the assistant. Then he left the student to continue his reading.

41. In a bookshop you'll feel very happy when _____.
 A. the assistant says "Can I help you?" to you
 B. you meet some of your friends there
 C. the assistant watches you attentively
 D. you find the book you want
42. A book assistant of a bookshop _____.
 A. is never interested in selling books
 B. likes to read all kinds of books

- C. often help book – lovers when necessary
D. must keep silent all the time
43. The medical student was in great need of _____.
A. a useful book
B. an expensive book
C. a cheap book
D. a medical dictionary
44. The student went to the bookshop every day in order that _____.
A. he could take the book away when the assistant was not looking
B. he could read the whole book little by little
C. the book couldn't be sold out
D. he could see clearly how much that book cost
45. In the shop books were put in _____.
A. usual places every day
B. different places each day
C. the corners of the room
D. the place where no one could find

C

Comera is the only place in the world which has a whistle language. We do not know how and why it began because we do not know the complete history of the island. But we can certainly imagine the reasons for the beginning of the whistle language. There are many deep valleys on the island. A person on one side of valley can not easily shout to a person on the other side. But he can whistle and be heard. Some of the best whistlers can be heard from four miles away, and the record is seven miles. The people who live on the island usually have good teeth, and this helps them to whistle well. They must also have good ears so that they can hear other whistlers.

We can understand why the whistle language continued. It is very useful on the island, and quite easy to learn. When somebody is hurt or ill, the whistle language takes the place of telephone. If the sick person is a long way from the town, boys and men pass the news from one to another. A boy guarding cattle on a hillside whistles to a man fishing from his boat. The last one is able to describe the trouble fully and exactly to the doctor in town. People help each other in the same way when a car breaks or a cow is lost.

The whistle language is hundreds of years old, and probably it will continue to live for hundreds of years more. Radio and TV often kill the special ways of speaking in the different parts of a country. But on Comera you are nobody if you cannot whistle. Perhaps soon after TV arrives on the island, the people there will be whistling the news and other facts and opinions.

46. If a person on Comera Island is ill, _____.
- A. others will phone the doctor in town
- B. whistle language will pass the news to the doctor
- C. his family will take him to the doctor
- D. people will take him to the hospital by car
47. From the passage we know radio and TV _____ at that time.