

15 Minutes Every Day

English Thirty Minutes
Every Day



主编 齐国辉

天天英语

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丛书主编 戴浩仁 徐育斌

分册主编 齐国辉

编 者 齐国辉 陈 惠 万 耿 黄志勇

李晋华 谢锋华 杨 媛 姜晓宁

孙晶晶 张雪松 高 阳

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邮 购 部 电 话(010)58882952

网 址 <http://www.stdph.com>

E-mail: stdph@istic.ac.cn

策 划 编 辑 王亚琪

责 任 编 辑 王亚琪

责 任 校 对 赵文珍

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内 容 简 介

《天天英语 30 分》,共 3 册,分别适合高一、高二和高三学生学习使用。每册 50 个单元,每单元 1 篇完形填空,2 篇阅读理解。每天一个单元,定时 30 分钟完成。

所选文章主要是近期的外文报刊、杂志和电视、电台以及来自英国的实地资料等,再从各地试题中精心选择部分内容,并根据新的需要进行改进。所有文章都注意到内容新颖,贴近中学生生活实际,有时代特色,可读性强。在题目设计上,谨遵高考试题编制原则,试题内容正确,正确答案唯一,难易恰当,思路清晰,注意科学性。答案选择性讲解,言简意赅。

该书由湖北省招生考试杂志社特聘高考研究专家、国家《中学英语新课程标准》研究专家戴浩仁老师担任主编。

科学技术文献出版社是国家科学技术部系统惟一一家中央级综合性科技出版机构,我们所有的努力都是为了使您增长知识和才干。

前 言

完形填空和阅读理解是高考英语的重头戏,决定着高考英语的成败。而英语学习贵在坚持。为此,我们特编写《天天英语系列丛书》之《天天英语 30 分》,共三册,分别适合高一、高二和高三学生学习使用。每册 50 个单元,每单元 1 篇完形填空,2 篇阅读理解。每天一个单元,定时 30 分钟完成。

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在题目设计上,谨遵高考试题编制原则,试题内容正确,正确答案唯一,难易恰当,思路清晰,注意科学性,力求贴近高考。答案选择性讲解,言简意赅,尽量少占篇幅。

参加编写的老师都是工作在教学第一线,教学经验丰富的高考备考行家。并由英语教育硕士、湖北省招生考试杂志社特聘高考研究专家、国家《中学英语新课程标准》研究专家、2005 年湖北省高考状元学校——襄樊四中的戴浩仁老师担任主编。

编 者

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Unit 1

【完形填空】

From Monday until Friday, most people are busy working or studying, but in the evening and on weekends they are free to relax and 1 themselves. Some watch TV 2 go to the cinema, others take part in sports. It 3 on individual interests. There are many different 4 to spend our 5 time.

Almost everyone 6 some kind of hobby. It may be 7 from collecting stamps to 8 model airplanes. Some hobbies are very expensive, but others are valuable 9 to their owners.

I know a man who has a 10 collection 11 several thousand dollars. A short time ago, he bought a 12 fifty cent piece worth \$250! He was very 13 about his purchase (购买物) and thought the price was reasonable. On the other hand, my youngest brother 14 match boxes. He has almost 600 of them but I doubt if they are worth 15 money. However, to 16 they are extremely valuable. Nothing 17 him happier than to find a new match box for his collection. That's what a hobby 18, I guess. It is something we like to do 19 our spare time simply for the 20 of it. The value in dollars is not important, but the pleasure it gives us.

- | | | | |
|----------------|---------------|--------------|--------------|
| 1. A. enjoy | B. like | C. help | D. sleep |
| 2. A. and | B. but | C. so | D. or |
| 3. A. lies | B. works | C. depends | D. waits |
| 4. A. ideas | B. ways | C. places | D. periods |
| 5. A. full | B. work | C. spare | D. busy |
| 6. A. likes | B. has | C. finds | D. develops |
| 7. A. nothing | B. everything | C. something | D. anything |
| 8. A. making | B. buying | C. selling | D. inventing |
| 9. A. only | B. especially | C. fully | D. simply |
| 10. A. stamps | B. coin | C. money | D. ring |
| 11. A. with | B. including | C. worth | D. of |
| 12. A. common | B. usual | C. rare | D. new |
| 13. A. happy | B. careful | C. worried | D. anxious |
| 14. A. gathers | B. picks out | C. chooses | D. collects |



- | | | | |
|----------------|-----------|---------------|--------------|
| 15. A. some | B. any | C. no | D. much |
| 16. A. me | B. others | C. my brother | D. my family |
| 17. A. makes | B. lets | C. keeps | D. helps |
| 18. A. is | B. means | C. includes | D. remains |
| 19. A. for | B. to | C. on | D. in |
| 20. A. benefit | B. good | C. fun | D. money |

【阅读理解】

A

Two traveling angels stopped to spend the night in the home of a wealthy family. The family was rude and refused to let the angels stay in the guest room. Instead, the angels were given a small space in the cold basement. As they made their bed on the hard floor, the old angel saw a hole in the wall and repaired it. When the younger angel asked why, the old angel replied: "Things aren't always what they seem."

The next night the pair came to rest at the house of a very poor but very hospitable farmer and his wife. After sharing what little food they had, the couple let the angels sleep in their bed where they could have a good night's rest. When the sun came up the next morning the angels found the farmer and his wife in tears. Their only cow, whose milk had been their sole income, lay dead in the field. The younger angel was infuriated and accused the old angel: "how could you let this happen? The first man has everything, yet you helped them; the second family has little but is willing to share everything, and you let the cow die."

"Things aren't always what they seem," the old angel replied. "When we stayed in the basement of the mansion, I noticed there was gold stored in the hole in the wall. Since the owner was so obsessed with greed and unwilling to share his good fortune, I sealed the wall so he wouldn't find it. Then last night as we slept in the farmer's bed, the angel of death came for his wife. I gave him the cow instead. Things aren't always what they seem."

Sometimes that is exactly what happens when things don't turn out the way they should. If you have faith, you just need to trust that every outcome is always to your advantage. You might now know it until some time later...

1. What's the best title for the passage?

- | | |
|--------------------------|---|
| A. Two Traveling Angels. | B. An Instructive Story. |
| C. A Wise Older Angel. | D. Things Aren't Always What They Seem. |

2. What does the underlined sentence mean in the passage?

- A. The angel of death wanted to take the life of the farmer's wife.
B. The angel of death came to take the cow away.
C. The angel of death came to invite the farmer's wife.
D. The angel of death came for the good of the farmer's wife.

3. The passage is probably taken from _____.
A. a novel B. a book of fable stories
C. a magazine D. a science fiction
4. Did the older angel help the wealthy family?
A. Yes, he did.
B. Yes, he repaired the hole for the family.
C. He appeared to have, but he didn't actually.
D. No, he didn't do anything for the family.

B

Beans are a good source of magnesium (镁). Several studies involving thousands of women show that consuming magnesium can lower the risk of developing type 2 diabetes (糖尿病) up to 30%. Ninety three million women in the United States have type 2 diabetes.

Blueberries may keep your brain healthy. Researchers at the Human Nutrition Research Centre on Aging at Tufts University in Boston have found that blueberries in the diet can completely change the harmful effects of aging on brain signals. These signals are crucial for memory. This research suggests that blueberries in the diet may help in the fight against developing Alzheimer's disease. Nearly half of the women over the age of 85 in the United States have this disease.

Cabbages have been shown to help prevent breast, colon (结肠) and lung cancers. A recent study in the Journal of Nutrition indicates that cabbage may also prevent the late stages of breast cancer cell growth.

Carrots have lowered the risk of breast cancer in certain populations of women. Another study has found that a high intake of raw vegetables is associated with a decreased risk of breast cancer.

Chocolate has been shown in studies to promote healthy blood flow through the vessels by reducing the chances of blood clotting (凝结成块). This can help in the prevention of heart disease—the number-one killer of people.

5. How many vegetables have been mentioned in the passage which can be used to prevent disease?
A. 4 B. 5 C. 6 D. 7
6. According to the passage, you'd better take some _____ if you have breast cancer.
A. Beans B. chocolate C. blueberries D. cabbages and carrots
7. What's the best title for the passage?
A. Foods to prevent diseases. B. Healthy diet.
C. Relationship between foods and diseases. D. Foods are medicine.
8. We can infer that _____, according to the passage?
A. we can prevent some diseases by taking a proper diet
B. healthy diet is the best doctor



C. healthy diet keeps you away from hospitals

D. vegetables can cure some cancer

【答案及讲解】

完形填空

- 1.A. 和前一空的 relax 相对应, enjoy 是最佳选择。
- 2.D. 这里是表示选择关系。
- 3.C. 此题考查 depend on 这个短语。
- 4.B. 从下面的文章可以看出是讲度过业余时间的方法, 选 B 是最佳的。
- 5.C. 和前文的 in the evening and on weekends 相对应。
- 6.B. 此处是说每个人都有业余爱好。
- 7.C. 此题考查不定代词的用法, something 为最佳选择。
- 8.A. 此题考查 make model airplanes 这个短语。
- 9.A. 仅对物主本人有价值。
- 10.B. 从后面一句话我们可以看出这个人收藏的是硬币。
- 11.C. worth several thousand dollars 值数千美元。
- 12.C. rare 是“稀有的”。
- 13.A. 买到一枚稀有的硬币很高兴。
- 14.D. collect match boxes 收藏火柴盒。
- 15.B. 疑问句、否定句中我们用 any。
- 16.C. 对收藏者来说是很有价值的。
- 17.A. make him happier。
- 18.B. 这就是爱好的意义。
- 19.D. in sb. 's spare time, 在某人的业余时间。
- 20.C. for the fun of 为了好玩。

阅读理解

- 1.D. 通过这个寓言故事, 作者告诉我们事情并非总是看上去的那样。
- 2.A. 此题是推理判断题。从后面的奶牛死去我们可以判断死亡之神是来取农妇的命的。
- 3.B. 很显然这是一则寓言故事。
- 4.C. 从年长的天使的解释中我们能够找到答案。
- 5.B. 此题是细节题。我们可以轻易找到答案。
- 6.D. 从文章的第三段和第四段, 我们可以推断 D 是正确答案。
- 7.A. 此文的中心内容就是食物可以预防疾病。
- 8.A. 根据文章的内容, 我们通过比较四个选项可以看出 A 是最佳答案。



Unit 2

【完形填空】

If you have strong arms and feet, you might make a good waiter. You must 1, however, not in the restaurant, but in the 2, helping the head cook, to learn exactly 3 each dish is prepared. Then you will be able to tell the customers what the ingredients (成分) are and how the food is 4. From the first step, you may enter the restaurant as a 5. But you won't be allowed to serve the customers yet. They will 6 let you do the simplest jobs, 7 the tables and carrying the plates. But all the time you must watch and learn. Later you will be taught how to 8 food, and if you are good at it, you may become a waiter in charge of a number of 9. You may even become a head waiter 10 you are afraid of hard work.

When Carol Bianchi first arrived in London, he 11 only two words of English—"Please" and "Hello". He 12 to get a job helping in the kitchen of an Indian restaurant, and he spent 13 little spare time he had learning English. He was a good worker and soon he got a job in the restaurant as a waiter. Every night, Carlo used to go home tired, but 14 too tired to study the language for half an hour before going to sleep. He always managed to 15 a third of his wages, 16 he put in the bank regularly every Friday. And no matter how tired or ill he felt, he always had a warm 17 for his customers. They liked him, 18 people used to come to the restaurant and asked to be served by Carlo. Now twenty five years later, Carlo is the manager of six restaurants, and helped to open a seventh 19. But he still believes in the personal 20, and every night he goes to one or another of his restaurants to welcome the customers with a friendly greeting.

- | | | | |
|---------------|------------|-------------|-------------|
| 1. A. work | B. start | C. cook | D. learn |
| 2. A. market | B. school | C. workshop | D. kitchen |
| 3. A. when | B. how | C. what | D. where |
| 4. A. served | B. eaten | C. cooked | D. bought |
| 5. A. learner | B. waiter | C. cook | D. observer |
| 6. A. soon | B. only | C. later | D. hardly |
| 7. A. laying | B. lying | C. putting | D. moving |
| 8. A. take | B. make | C. carry | D. serve |
| 9. A. tables | B. waiters | C. foods | D. jobs |
| 10. A. if | B. before | C. unless | D. though |



- | | | | |
|-------------------|--------------|------------|-----------------|
| 11. A. spoke | B. studied | C. heard | D. kept in mind |
| 12. A. failed | B. tried | C. managed | D. intended |
| 13. A. how | B. what | C. such | D. that |
| 14. A. only | B. sometimes | C. little | D. never |
| 15. A. spare | B. leave | C. save | D. get |
| 16. A. as | B. that | C. those | D. which |
| 17. A. friendship | B. dish | C. welcome | D. smile |
| 18. A. and | B. for | C. even | D. therefore |
| 19. A. again | B. lately | C. shortly | D. more |
| 20. A. opinion | B. touch | C. effort | D. effect |

【阅读理解】

A

Did you know that Albert Einstein could not speak until he was four years old, and did not read until he was seven? His parents and teachers worried about his mental ability.

Beethoven's music teacher said about him, "As a composer he is hopeless." What if this young boy believed it?

When Thomas Edison was a young boy, his teacher said he was so stupid that he could never learn anything. He once said, I remember I was always at the foot of my class... my father thought I was stupid. What if young Thomas believed what they said about him?

When the sculptor Augusta Rodin was young he had difficulty learning to read and write. His father said to him, "I have an idiot for a son." His uncle agreed. "He's uneducable," he said. What if Rodin had doubted his ability?

Walt Disney was once fired by a newspaper editor because he was thought to have no "good ideas."

What if these people had listened and become discouraged?

Where would our world be without the music of Beethoven, the art of Rodin or the ideas of Albert Einstein and Thomas Edison?

You have great potential. When you believe in all you can be, rather than all you can't become, you will find your place on earth.

1. What is the main idea of the passage?

- A. Some famous people were stupid when they were young.
- B. People can become famous when they grow up, even if they were very stupid in their childhood.
- C. Believe in your ability and you'll succeed.
- D. Parents and teachers are always wrong when they talked about children's ability.

2. What does the underlined words "an idiot" mean in the passage?



- A. a person who is uneducable.
 - B. a person who is slow in sculpture.
 - C. a person who learns less than others.
 - D. a person who doesn't like sculpture.
3. Why does the author give us so many examples?
- A. To show us that he knows many famous people.
 - B. To support his opinion.
 - C. To show that he has a variety of interest, from music to art.
 - D. To prove that even an idiot can succeed.

B

E-mail can be a powerful new tool in improving communication between patients and physicians, according to one expert.

"Using the Internet, doctors can answer more questions from more patients in a shorter time." Writers Dr. Dada Pal, a famous doctor in Manchester, UK.

According to Pal, nearly 40% of American patients say they have used e-mail to communicate with a doctor.

He notes, however, that although patients have such interest, only up to 2% of doctors in the United States offer e-mail service.

Using e-mail, doctors can make sure of their advice and point, patient to patient information materials and other resources on the Internet. It's said that more than 10,000 health-oriented websites already exist now.

However, some people worry that widespread use of medical e-mail might set up two kinds of care, one for Internet "haves" and another for the "have nots".

But Pal points out that "by the year 2000 nearly every library will offer services in the United States," allowing even low-income patients to use such means. Pal also talks about other possible barriers to the acceptance of medical e-mail.

"Doctors may be unwilling to offer e-mail services for fear of increasing workload and uncertainty about payment for the time they spent," he explained, and patients may worry that their medical information might be read by others. "But these problems can all be solved", he adds.

E-mail may well help us a lot in health care, Pal concludes. "Patients can get in normal clinics," he points out, "and they might find communication on the information superhighway less fearful, than face-to-face dialogue with their doctors."

4. The article introduces a new way of patient-doctor communication _____.
A. by e-mail
B. by visiting websites
C. by searching the Internet
D. by using the computer
5. According to the passage, some people worry that _____.
A. it might have to serve both those who have access to the Internet and those who don't



- B. it might meet double doubts from those who have access to the Internet and those who don't
- C. it might make trouble between those who can use the Internet and those who can't
- D. it might make trouble between those who have Internet experiences and those who haven't
6. All the following points are advantages of using medical e-mail EXCEPT _____.
- A. it is more reliable
- B. it is less frightening
- C. it enables patients and doctors to understand each other better
- D. it provides patients more choices of treatment
7. What does the underlined word "barrier" mean in the passage?
- A. possibility B. danger C. holdback D. secret
8. Which of the following is true about e-mail in the USA?
- A. Every patient cannot use it.
- B. Only doctors can use it.
- C. Patients needn't pay for their treatment by using e-mail.
- D. No other can read the information sent by e-mail.

【答案及讲解】

完形填空

- 1.B. 假如你手脚麻利,可以成为好的服务员,但是你要从帮厨开始。
- 2.D. 了解菜肴的做法,必须在厨房里学习。
- 3.B. 了解每一道菜是怎样制作的。
- 4.C. 告诉食客菜肴是怎样烹饪的。
- 5.A. 要区分开 waiter 和 learner 的不同。帮厨是学习过程,而不是服务过程。
- 6.B. 帮厨仅能做最简单的工作。
- 7.A. 此题考查 laying the table 这个短语。
- 8.D. 此题考查 serve the food / serve the dish 这个短语。
- 9.A. 负责几张桌子的服务员。
- 10.C. 此题很明显要选择一个带有否定意义的词才符合题意。
- 11.A. 只会说简单的打招呼用语。
- 12.C. 从下文可以知道,他设法找到了工作。
- 13.B. 此题比较难。What 是关系形容词,相当于 the。
- 14.D. 从 but 我们可以看出他从不放弃语言学习。
- 15.C. 和下文 put in the bank 我们可以知道他节省一些钱存起来。
- 16.D. 此题考查定语从句。
- 17.D. 此句是让步状语从句,填 smile 才能和前面的 tired ill 对应。



- 18.A. 此句是并列关系。
19.C. 注意 again 和 more 的区别。不是动作的重复,而是数量更多。
20.B. personal touch 亲自和顾客打交道。

阅读理解

- 1.C. 这是文章的主题,从文章的最后一段可以看出来。这类文章要注意文章的写作特点。
2.A. 从 he's uneducable 我们可以很容易找到答案。
3.B. 举例说明自己的观点。
4.A. 文章的第一句是这篇文章的主题句。
5.B. 从第四段我们可以找到答案。
6.D. E-mail 不是治病的选择。
7.C. 此题是词义猜测。
8.A. 从倒数第三段,我们可以很容易找到答案。

Unit 3

【完形填空】

Now, perhaps, more than ever before, people are wondering what life is all about, and what it is for. Seeking material success is beginning to 1 large numbers of people around the world. They feel that the long-hour work culture to make more money to buy more things is 2 up their lives, leaving them very little 3 or energy for family or hobbies. Many are turning to 4 ways of living and downshifting (过田园式生活) is one of them.

Six percent of the workers in Britain took the decision to 5 last year. One couple who downshifted are Daniel and Liz. They 6 to work in central London. He was a newspaper reporter and she worked for an international bank. They 7 go to work by train every day from their large house in the suburbs, 8 their two children with nanny (保姆). Nearly twice a month Daniel had to 9 to New York for meeting. They both earned a large amount of money 10 began to feel that life was passing them by.

Nowadays, they run a 11 in the mountain of Wales. "I always wanted to have one here," says Daniel, "and we took almost a year to 12 the decision to downshift." It's taken some time getting used to, but it's been 13 it. We have to think 14 now about spending money on car repairs and we no longer have any 15. However, I think it's made us stronger as a family, and the children are a lot 16.



Liz, however, is not quite sure. I used to enjoy my job, 17 it was work and long hours. I'm not really a country girl, but I suppose I'm 18 getting used to looking after the animals. One thing I do 19, though, is being able to see more of my children. My advice for other people wanting to do the 20 is not think about it too much or you might not do it at all.

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|--------------------|-----------------|---------------|-----------------|
| 1. A. trouble | B. attract | C. encourage | D. frighten |
| 2. A. putting | B. looking | C. building | D. eating |
| 3. A. money | B. material | C. spirit | D. time |
| 4. A. other | B. simple | C. free | D. many |
| 5. A. retire | B. downshift | C. rest | D. travel |
| 6. A. wanted | B. liked | C. used | D. planned |
| 7. A. should | B. would | C. might | D. could |
| 8. A. keeping | B. sending | C. letting | D. leaving |
| 9. A. fly | B. drive | C. move | D. take |
| 10. A. and | B. so | C. but | D. however |
| 11. A. company | B. farm | C. bouse | D. school |
| 12. A. discuss | B. study | C. have | D. make |
| 13. A. worthy | B. worth | C. worthless | D. worthwhile |
| 14. A. once | B. twice | C. hardly | D. worriedly |
| 15. A. money | B. holidays | C. friends | D. difficulties |
| 16. A. more bored | B. more worried | C. happier | D. cleverer |
| 17. A. even though | B. when | C. as if | D. unless |
| 18. A. directly | B. particularly | C. especially | D. gradually |
| 19. A. doubt | B. admire | C. like | D. admit |
| 20. A. job | B. research | C. experiment | D. same |

【阅读理解】

A

Finland is perhaps the most beautiful and mysterious of the countries of northern Europe. Two-thirds of its surface is covered with thick forests and among them lies lakes, connected with rivers and canals. The northern part of this country is inside the Arctic, where almost no trees can grow because of its cold weather and people use their deer for transport, clothing and food.

The Finnish history began in the Middle Ages. In about 1155, Finland was conquered by its western neighboring, Sweden. After a period of rule by Denmark in the 14th century, the Swedes won back independence and power in 1523 under their brave king. During the Napoleonic Wars (1804—1818) Finland was passed finally from Sweden to Russia. The opportunity came in 1917, when the Russian Revolution brought foreign rule of Finland to an end. Shortly after Soviet Russia made peace with Germany, 1919 saw the founding of the Finland Republic.