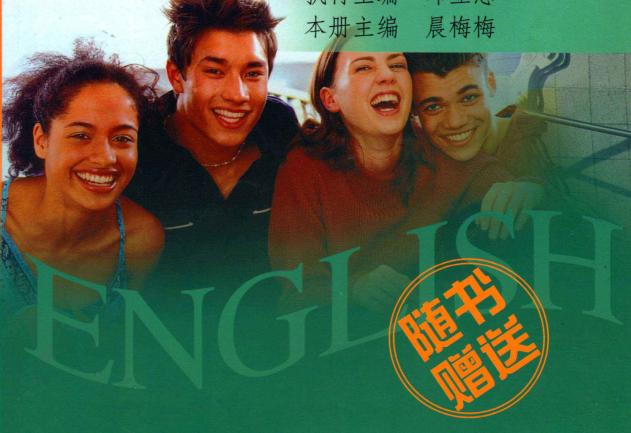


实用大学英语

教程

第四册 综合练习册

总主编 张道真执行主编 邱立志 本册主编 晨梅梅



② 中国人民大学出版社

A DI ENGLISH

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教程

CONTIENTS

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总主编 张道真 执行主编 邱立志 本册主编 晨梅梅 编 者 刘 浩 泊

编 者 刘 浩 汪 宁 周红红 张国顺 张雯丽 克 蓉 王 芳 丁晨阳

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UNIT

I. Word Formation: There are several groups of words and each group is some	kind of word
formation. Study them carefully and fill in each blank with the words listed below.	
1. person $n. \rightarrow \text{personal } adj. / \text{personally } adv. / \text{personality } n.$	
(1) The library contains the famous writer's papers.	
(2) A teacher's has a great influence over his students.	
(3), I don't like to live in Beijing.	*
(4) My mother is the most good-naturedI have ever seen.	
2. economy $n \rightarrow \text{economic } adj$. / economics n . / economical adj . / economically adv .	
(1) We decided to buy a small car forreasons.	
(2) Our nation's has been growing rapidly.	
(3) We must beof our natural resources.	
(4) This is one of the basic principles of	
(5) Many college students are notindependent.	
3. curiosity $n \rightarrow \text{curious } adj$. / curiously adv .	
(1) The children'swas aroused. And they all listened to me attentively	. 1
(2) He lookedat the fancy toys.	
(3) Babies are alwaysabout everything they see.	
4. employ $n. \rightarrow$ employer $n. /$ employee $n. /$ employment $n.$	
(1) Nowadays it is not easy for college graduates to find	
(2) He has worked for the samefor 30 years.	
(3)often complain about their employers for pushing them too hard.	
(4) The factorytwo thousand workers.	
5. independence $n. \rightarrow$ independent adj. / independently adv.	
(1) Children should be encouraged to bethinkers.	
(2) The American colonies won their from England.	市 对 群 -
(3) Many Chinese college students are unable to live	de til I,
II. Vocabulary: There are several important words or phrases listed in the box	Study then
carefully and finish the following exercises.	0 7 - 4
handle sample pressure work on major in after all	# 41 1X
look around for blame for give someone a lift in person	
1. Directions: Fill in the gaps with the words or expressions chosen from the box. Change	the form where
necessary.	
(1) Some pills and make people feel more relaxed.	
(2) I am always ready to a lonely traveler in remote areas.	
(3) The factory that produces paper should be the pollution of the river.	
(4) He traditional Chinese literature when studying at Nanjing Universit	y.
(5) Don't be too harsh on him, he is only 4 years old.	

(6)	"Can I	the puddings?"	she begged.	
(7)	He feels sorry for	not being able to a	attend his daughter'	s wedding ceremony
(8)	College students s	should learn how to	o difficult s	situations.
(9)	I a box	x of matches. I cou	ald not find one.	
(10)) Modern people a	re working and st	udying under great	
	CONTRACTOR SAME SAME			
suita	ble in meaning.			
(1)	Their pro	ospects are bright.		
	A. economy	B. economics	C. economic	D. economical
(2)	How much will yo	ou for the	e handbag?	
,				D. take
(3)	He should not be	for the acc	ident.	
				D. loaded
(4)	What are the	on his getting t	the job?	
				D. opportunity
(5)	A largeof	foriginal books are	e available at the bo	ookstore.
	A. sum	B. quality	C. deal	D. variety
(6)	Some employees	are not so	with their working	conditions.
(7)	He didn't go to me	eet his wife	_yesterday due to	an important conference.
(8)	If youa p	upil too hard, he m	nay get bored of lea	rning.
	A. pack	B. put	C. pull	D. push
(9)	When did India ga	ninfrom G	reat Britain?	
	A. friendship	B. reliance	C. independence	D. dependence
(10)	The female scien	itist hasall	l her life to conserv	ing the rain forest.
	A. dedicated	B. gave	C. sacrificed	D. devoted
Dire	ctions: There are	ten sentences belo	w with one word or	expression underlined. Choose the most
suita	ble one from A, B	, C and D to expla	in or replace the un	derlined part.
(1)	The big problem r	now is mainly ecor	nomic.	
*	A. economical E	B. personal C	C. financial D	. social
(2)	He is under pressu	ire because his wif	fe is very ill.	
	A. force	B. stress	C. anxiety	D. worry
(3)	The Bible is the sa	acred book for Chr	ristians.	
	A. holy	B. enlightened	C. teaching	D. religious
(4)	No catastrophe car	n be worse than w	ar.	
	A. famine	B. disease	C. disaster	D. misfortune
(5)	He decided to go t	to Hong Kong in p	erson.	
	A. lovely	B. personally	C. alone	D. along
(6)	Entrance into a wo	orld-famous univer	rsity usually means	a good job in the future.
	A. Choice	B. Passing	C. Application	D. Admission
(7)	My father was exh	nilarated at my suc	cess.	
	(7) (8) (9) (10) Dire suita (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) Dire suita (1) (2) (3) (4) (5) (6) (7) (6) (7) (8) (9) (10) (10) (10) (10) (10) (10) (10) (10	(7) He feels sorry for (8) College students is (9) I a box (10) Modern people a Directions: Choose A, suitable in meaning. (1) Their pro A. economy (2) How much will you A. charge (3) He should not be A. beaten (4) What are the A. odds (5) A large of A. sum (6) Some employees a A. critical (7) He didn't go to ma A. in detail (8) If you a pro A. pack (9) When did India ga A. friendship (10) The female scient A. dedicated Directions: There are suitable one from A, B (1) The big problem ra A. economical E (2) He is under pressur A. force (3) The Bible is the sa A. holy (4) No catastrophe can A. famine (5) He decided to go to A. lovely (6) Entrance into a wor A. Choice	(7) He feels sorry for not being able to a (8) College students should learn how to (9) I a box of matches. I con (10) Modern people are working and strictions: Choose A, B, C, or D to fill it suitable in meaning. (1) Their prospects are bright. A. economy B. economics (2) How much will you for the A. charge B. cost (3) He should not be for the acc A. beaten B. blamed (4) What are the on his getting and A. odds B. chance (5) A large of original books are A. sum B. quality (6) Some employees are not so A. critical B. satisfied (7) He didn't go to meet his wife A. in detail B. in place (8) If you a pupil too hard, he made A. pack B. put (9) When did India gain from G. A. friendship B. reliance (10) The female scientist has along A. dedicated B. gave Directions: There are ten sentences belosuitable one from A, B, C and D to explae (1) The big problem now is mainly econ A. economical B. personal G. A. force B. stress (3) The Bible is the sacred book for Chrance A. holy B. enlightened (4) No catastrophe can be worse than was A. famine B. disease (5) He decided to go to Hong Kong in part A. lovely B. personally (6) Entrance into a world-famous universal A. Choice B. Passing	(1) Their prospects are bright. A. economy B. economics C. economic (2) How much will you for the handbag? A. charge B. cost C. spend (3) He should not be for the accident. A. beaten B. blamed C. burdened (4) What are the on his getting the job? A. odds B. chance C. possibility (5) A large of original books are available at the both A. sum B. quality C. deal (6) Some employees are not so with their working A. critical B. satisfied C. satisfying (7) He didn't go to meet his wife yesterday due to a get A. in detail B. in place C. in person (8) If you a pupil too hard, he may get bored of lead A. pack B. put C. pull (9) When did India gain from Great Britain? A. friendship B. reliance C. independence (10) The female scientist has all her life to conserve A. dedicated B. gave C. sacrificed Directions: There are ten sentences below with one word on suitable one from A, B, C and D to explain or replace the und the is under pressure because his wife is very ill. A. force B. stress C. anxiety (3) The Bible is the sacred book for Christians. A. holy B. enlightened C. teaching (4) No catastrophe can be worse than war. A. famine B. disease C. disaster (5) He decided to go to Hong Kong in person. A. lovely B. personally C. alone (6) Entrance into a world-famous university usually means A. Choice B. Passing C. Application

A. excited

B. indifferent

C. crazy

D. surprised

(8) Madam Curie dedicated herself to scientific research all her life.

A. devoted

B. sacrificed

C. contributed

D. spent

(9) The young doctor found it hard to <u>handle</u> the complicated case.

A. make clear

B. make sure

C. deal with

D. fix

(10) What we <u>lack</u> now is time and money.

A. leak

B. demand

C. are short of

D. look for

III. Structure: Study the following grammatical structures and finish the exercises.

1. Directions: Rewrite the following sentences after the model.

Model: Long gone are the days when students journeyed through college with a certain relaxation.

- → The days are long gone when students journeyed through college with a certain relaxation.
- (1) Never has she seen such a funny movie.
- (2) Seated on the ground are a group of young men playing guitars.
- (3) Lying on the floor was a boy aged about sixteen.
- 2. Directions: Rewrite the following sentences with "Only...did / could...".

Model: It was then that I found out that language was not the main issue.

- → Only then did I find out that language was not the main issue.
- (1) It wasn't until yesterday that I got your letter.
- (2) It was only in Beijing that he could find this kind of artistic feeling.
- (3) It was then that he suddenly realized the importance of English.

IV. Sentence Translation: There are ten Chinese sentences for you to translate. Translate the Chinese sentences into English, using the words, expressions or sentence patterns in brackets.

- 1. 我们的语文老师很少给我们布置家庭作业,但他却鼓励我们大量阅读。(assign)
- 2. 人们做错事时常会到处找借口。(look around for)
- 3. 这次车祸全怪司机。(blame...for)
- 4. 我们赢得这场比赛的概率只有十比一。(odds)
- 5. 妇女完全依赖丈夫的日子已早已一去不复返了。(Long gone are the days...)
- 6. 如果我是老师,我宁愿和学生们一起分享发现的快乐。(would rather)
- 7. 问题的症结在于他们不完全理解父母。(crux, lie in)
- 8. 我的女儿数学很棒,但若说到英语,她和初学者差不多。(when it comes to...no better than)

- 9. 他不再沉迷于网上游戏。(no longer)
- 10. 他立志献身于音乐事业。 (be determined to, devote oneself to)
- V. Reading Exercises: There are two passages for you to read, and each is followed by five questions or incomplete statements based on the article. Every question or statement has four choices labeled A, B, C and D. Please choose the most appropriate one to answer the question or finish the statement. Passage 1

Learning Disabilities

Today we begin a series of programs about learning disabilities (无能). These are disorders (紊乱) in the ways that people understand or use language. They can affect the ability to listen or think, or to read and write. They can also affect the ability to do mathematics.

A person with a learning disability has unusual difficulty in developing these skills. Researchers believe that learning disabilities are caused by differences in the way that the brain processes information. They say children with learning disabilities are not unintelligent (不聪明的) or do not want to work. Their brains just process information differently than other people.

Researchers say that as many as one out of every five people in the United States has some kind of learning disability. Almost three-million children in the United States receive some kind of help in school for a learning disability.

A few signs of a learning disability include not connecting letters with their sounds or not understanding what is read. A person with a learning disability may not be able to understand a funny story. They may not follow directions. They may not read numbers correctly or know how to start a task. Different people have different kinds of learning disabilities. One person may have trouble understanding mathematics. Another may have difficulty understanding what people are saying. Still another may not be able to express ideas in writing.

These different kinds of learning disabilities are known by different names. For example, a person who has difficulty reading may have dyslexia (诵读困难). Someone who cannot do mathematics may have a disorder called dyscalculia (计算困难).

Experts say learning disabilities cannot be cured. But people who have them can be helped. Teachers and parents can help young people with learning disabilities to learn successfully.

- 1. Which of the following abilities will NOT be affected by learning disabilities?

 - A. To understand or use language. B. To appreciate the beauty of nature.
 - C. To listen or to read and write.
- D. To do mathematics.
- 2. Children with learning disabilities actually are
 - B. all slow in understanding

A. very stupid

- C. not hardworking
- D. no fools
- 3. According to researchers, which of the following statements is NOT true?
 - A. There are quite a number of American children suffering from some kind of learning disabilities.
 - B. Learning disability can seldom be found among school children.

- C. Only a small number of children in the U.S. get help in school for their learning disabilities. D. Children with learning disabilities can be cured with medicine. 4. Children with dyscalculia may have a disorder in A. following directions B. thinking C. reading and writing D. doing mathematics 5. According to experts, people with learning disabilities
 - A. can be cured someday
 - B. suffer from mental illness
 - C. can learn better with the help of teachers and parents
 - D. can never learn well

Passage 2

Adult Students Give New Life to Education

Schools used to be considered places to prepare young people for life. After their education was finished, they were supposed to be ready to go out into the real world. But many adults these days are coming back to "schools of continuing education" and "centers of lifelong learning." They feel that one's education is never really ended because one is never too old to learn.

A fast-growing number of older students are helping schools that once ignored their needs. Filling empty seats in classrooms from Maine to Hawaii, students who are twenty-five and older are having a great effect on all fields of higher education.

Teachers say that there has been a definite effect on classrooms and course work. Older students are described as more serious and mature, frequently more demanding (要求高的) of instructors, and more willing to contribute personal experiences to discussions. The presence of older students on campus may take us a step closer to the real world. There will be fewer irrelevant (不相关的) courses and more practical ones.

Why do adults want to reenter academic (学校的) life? School administrators (管理者) say high unemployment is one of the biggest reasons, forcing many Americans to develop new skills. In addition, a large number of women who left school to raise families or who want jobs that require a college diploma (文 凭) are going back to school. College graduates are returning for second degrees to start new careers. And there are thousands of retired persons who are seeking good use of their free time.

Most educators are convinced that the growth of adult learning is an important change in American education. Proof of the great interest in adult education is the action being taken to attract adult students.

- 1. According to Para. 1, which of the following statements is NOT true?
 - A. More and more adult students are coming back to college to continue their education.
 - B. Colleges used to be considered as places only for young students.
 - C. Many colleges didn't take too much notice of adult students in the past.
 - D. Nowadays a person's graduation from college usually means an end to his education.
- 2. Once a person has finished his college education, he
 - A. is fully prepared for his work
 - B. has no need to further his study
 - C. still needs to continue his lifelong learning so as to meet the needs of a changing society
 - D. is sure to find a satisfying job

3.	Adult students ar	e coming ba	ck to school	because o	of the following	reasons EXCEPT

- A. high unemployment
- B. that they are crazy about school life
- C. the need to find a good job
- D. the need to renew their knowledge
- 4. Many older students are considered to
 - A. be more quick at learning
 - B. be more ready to learn and more demanding
 - C. have a better memory
 - D. spend less time doing their school work
- 5. Many colleges are now interested in older students because it is

A. very promising

B. very interesting

C. very instructive

D. very profitable

VI. Writing Work

- 1. Directions: Go over Text A and try to find out the topic sentence of each paragraph.
- 2. Directions: Read the following paragraphs carefully. Then underline the topic sentences. If a topic sentence does not appear but is implied, add one.
 - (1) In the modern world salt has many uses beyond the dining table. It is used in the making of glass and airplane parts, in the growing of crops, and in killing weeds. It is also used to make water soft, to melt ice on roads and highways, to make soap, and to fix colors in cloth. Salt even helps to relieve itching when it is rubbed on mosquito or insect bites.
 - (2) In the United States, it is not customary to telephone someone very early in the morning. If you telephone him early in the day, while he is shaving or having breakfast, the time of the call shows that the matter is very important and requires immediate attention. The same meaning is attached to telephone calls made after 11:00 p.m. If someone receives a call during sleeping hours, he assumes it's a matter of life and death. The time chosen for the call communicates its importance.
 - (3) There are two factors which determine an individual's intelligence. The first is the sort of brain he is born with. Human brains differ considerably, some being more capable than others. But no matter how good a brain he has to begin with, an individual will have a low order of intelligence unless he has opportunities to learn. So the second factor is what happens to the individual — the sort of environment in which he is reared. If an individual is handicapped environmentally, it is likely that his brain will fail to develop and he will never attain the level of intelligence of which he is capable.
 - (4) First you must wait for a sunny day. Remember that the rays of the sun are most direct between 11 a.m. and 2 p.m. This is the time when you will tan the quickest. At the right time and on the right day, pick an open spot outdoors and lay out a large towel or beach mat. You may want to bring along several things: suntan oil, a portable radio, a book or magazine, sunglasses, a pillow. It is a good idea not to stay in the sun too long at first. Begin with a half hour, and then gradually increase the time you spend in the sun. Certain parts of your body will burn more quickly than others. These include

the backs of your knees, the insides of your elbows, your shoulders and your nose. Be sure to cover these spots with suntan oil when you first go outside. Cover them again with oil after you have been out in the sun for a while.

(1)	Topic: good manners and countries	
	Topic sentence:	
(2)	Topic: reasons for college graduates' studying abroad	
	Topic sentence:	
(3)	Topic: private cars in China, yes or no	
	Topic sentence:	
(4)	Topic: where to live, in the city or in the country	
	Topic sentence:	
(5)	Topic: good study habits	
	Tonic centence:	

3. Directions: Write a topic sentence for each topic that is given below.

UNIT 2

I Word Formation. There are several groups of words and each group is some kind of word
I. Word Formation: There are several groups of words and each group is some kind of word formation. Study them carefully and fill in each blank with the words listed below.
1. confident adj . \rightarrow confidently adv . / confidence n .
(1) Peter is of winning the post as the assistant to the managing director.
(2) It's a tragedy that one lacks in himself.
(3) We arethat he can overcome the difficulties.
(4) He can always behave when he is in trouble.
 2. fashion n. → fashionable adj. / old-fashioned adj.
(1) It is said that this haircut is out of
(2) Nobody can prove such kind of traditional method is
(3) Wearing a hat used to be
3. distinguish vt. → distinguished adj. / distinguishing adj.
(1) The Chinese nation isfor its diligence and courage.
(2) Everyone knows that advertising and advertisements are
(3) We can easily English from Chinese.
II. Vocabulary: There are several important words or phrases listed in the box. Study them
carefully and finish the following exercises.
trend be content to embarrassment pressure increasingly
persuade latest influential cyclical apply to casual issue
1. Directions: Fill in the gaps with the words or expressions chosen from the box. Change the form
where necessary.
(1) He tried to ease his when he met his ex-wife.
(2) Heher to go to school, even though she did not want to.
(3) He was wearing clothes, not his school ones.
(4) The old couple sit in front of the television all night.
(5) This toy robot is the craze all over the world.
(6) What I have said does not you.
(7) The strong financial crisis has led to the great unemployment of many workers.
(8) We cannot ignore the of modern living.
(9) The teacher paper and pencils to all the children.
(10) He is only a disgusting politician.
2. Directions: Choose A, B, C, or D to fill in the gaps to make the sentences right in grammar and the
most suitable in meaning.
(1) It is our policy that we will achieve unity through peaceful means. A. consistent B. continuous C. considerate D. constant
(2) His wife is constantly finding with him, which makes him very angry. A errors P. shortcomings _C. fault D. flow

	(3)	John doesn't believe in	medicine	; he has some reme	edies of his own.	
		A. standard	B. influential	C. routine	D. conventional	
	(4)	She her trip to	New York because	e she was ill.		
		A. called off	B. put up	C. dropped by	D. went off	
	(5)	I suffered from mental	because o	f stress from my jo	b.	
		A. pressure	B. relief	C. release	D. fatigue	
	(6)	Crime is increasing wo	orldwide, and ther	e is every reason t	o believe the	will continue
		into the next decade.				
		A. emergency	B. pace	C. trend	D. schedule	
	(7)	Even though he knew t	hat I should study,	he still m	e to go to the movies.	
		A. recognized	B. extended	C. persuaded	D. unexpected	
	(8)	It was in the United Sta	ates that I made an	with Profe	essor Jones.	
		A. acknowledgement	B. recognition	C. acquaintance	D. association	
	(9)	Don't let the child play	with scissors	he cuts himsel	f.	
		A. in case	B. now that	C. so that	D only if	
	(10)) Many people lost their	r jobs during the b	usiness		
		A. desperation	B. decrease	C. despair	D. depression	
3.	Dire	ections: There are ten se	entences below with	th one word or exp	ression underlined. C	hoose the m-
	ost s	suitable one from A, B,	C and D to explain	or replace the und	lerlined part.	
	(1)	She seemed to have de	tected some anger	in his voice.		
		A. noticed	B. heard	C. realized	D. got	
	(2)	Please do not hesitate t	o call me if I can b	e of further assista	ince.	
		A. telephone	B. see	C. help	D. touch	
	(3)	He has trouble understa	anding that other p	eople judge him by	y his social skills and	conduct.
		A. style	B. behavior	C. mode	D. attitude	10 religion
	(4)	I had some difficulty in	carrying out the p	olan.		
		A. making	B. keeping	C. changing	D. implementing	
	(5)	We all think that Mary	's husband is a ver	y boring person.		
		A. shy	B. stupid	C. dull	D. selfish	
	(6)	The workers in that fac	tory manufacture	furniture.		
		A. promote	B. paint	C. produce	D. polish	
	(7)	The high-speed trains of	can have a major in	npact on travel pre	ferences.	25
		A. forceful	B. great	C. small	D. similar	
	(8)	Can all of you follow the	he plot?			
		A. change	B. investigate	C. write	D. understand	
	(9)	Even in a highly moder	rnized country, ma	<u>nual</u> work is still n	eeded.	
		A. physical	B. mental	C. natural	D. hard	
	(10)	In the latter case the o	outcome can be ser	ious indeed.		
		A. result	B. judgment	C. decision	D. event	

III. Structure: Study the following grammatical structures and finish the exercises.

1. Directions: Rewrite the following sentences after the model.

- **Model:** The jeans and the "untidy" look are very popular. They seem to be a reaction against the increasingly expensive fashions of the top fashion designers.
 - → The popularity of jeans and the "untidy" look seems to be a reaction against the increasingly expensive fashions of the top fashion designers.
- (1) Discussion is necessary in class. It is out of question.
- (2) This method is practical. It seems to tell us that we have seen the light at the end of the tunnel.
- (3) He was reliable, which proved my choice was wise.

1	D'	C 1 4 41	C 11 '		66 1 .1 1 9
Ζ.	Directions.	Complete the	following sentences,	using a	whether-clause.

Model: The main consideration is _____ (there are enough people in the group; so that your late arrival will not be noticed)

- → The main consideration is whether there are enough people in the group so that your late arrival will not be noticed.
- (1) Her charm lies in (she; really love me)
- (2) His success depends on _____ (he; be hardworking)
- (3) My father is concerned about _____ (I; pass the test)
- 3. Directions: Complete the following sentences by translating the Chinese in brackets, using the word or expression following.

Model: You can be ______.(迟到达半小时之久: as much as)

- → You can be as much as half an hour late.
- (1) Tom can drink ______.(五瓶的啤酒: as much as)
- (2) I will give you _______(所需的足够量的水: as much as)
- (3) He promised to lend me . (所想要的一切: as much as)
- IV. Sentence Translation: There are seven Chinese sentences for you to translate. Translate the Chinese sentences into English, using the words, expressions or sentence patterns in brackets.
 - 1. 他们当中没几个人能为自己的样子感到满意,也没几个对流行时尚无动于衷。(be content to)
 - 2. 我们要学会能满怀信心地结交新人,泰然自若地应付各种局面。(confidence)
 - 3. 我们为赶时尚而心存压力, 唯恐朋友们会认为我们太过时了。(in case)
 - 4. 追求"邋遢"装扮似乎都是对顶级时装设计师们那日益昂贵时装的背弃之举。(increasingly)
 - 5. 如果你装扮得不能像电影明星那么新潮,你绝对没必要为此感到沮丧。(depressed)
 - 6. 如果时间允许的话,你是务必要接受邀请、按时赴宴的。(by all means)
 - 7. 如果邀请了许多人,迟到一会儿,甚至迟到半小时也是可以的。(as much as)

V. Reading Exercises: There are two passages for you to read, and each is followed by five questions or incomplete statements based on the article. Every question or statement has four choices labeled A, B, C and D. Please choose the most appropriate one to answer the question or finish the statement. Passage 1

Why is it that flying to New York from London will leave you feeling less tired than flying to London from New York? The answer may be a clear case of biology not being able to keep up with technology.

Deep inside the brain there is a "clock" that governs every aspect of the body's functioning: sleep and wake cycles, levels of alertness, performance, mood, hormone levels, digestion, body temperature and so on. It regulates all of these functions on a 24-hour basis and is called the biological clock.

The body clock programs us to be sleepy twice a day, between 3 a.m. — 5 a.m. and again between 3 p.m.— 5 p.m. Afternoon tea and nap are all cultural responses to our natural biological sleepiness in the afternoon.

One of the major causes of the travelers' malady known as jet lag is the non-alignment of a person's internal body clock with clocks in the external world. Crossing different time zones confuses the biological clock, which then has to adjust to the new time and patterns of light and activity. To make matters more complex, not all internal body functions adjust at the same rate. So your sleep/wake may adjust to a new time zone at one rate, while your temperature adjusts at a different pace. Your digestion may be on a different schedule altogether.

Though we live in a 24-hour day, the natural tendency of the body clock is to extend our day beyond 24 hours. It is contrary to our biological programming to "shrink" our day.

That is why traveling in a westward direction is more body-clock friendly than flying east. NASA studies of long haul pilots showed that westward travel was associated with significantly better sleep quantity and quality than eastward flights.

When flying west, you are extending your day, thus traveling in the natural direction of your internal clock. Flying eastward will involve "shrinking" or reducing your day and is in direct opposition to your internal clock's natural tendency.

One of the more common complaints of travelers is that their sleep becomes disrupted. There are many reasons for this: changing time zones and schedules, changing light and activity levels, trying to sleep when your body clock is programmed to be awake, disruption of the internal biological clock and working longer hours.

It is often suggested that you adjust your watch as soon as you board a plane, supposedly to try to help you adjust to your destination's schedule as soon as you arrive. But it can take the body clock several days to several weeks to fully adjust to a new time zone.

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So, our body clock truly can "govern" us.	- 14-	
1. The role of the body clock is to		
A. enable us to sleep 6 hours a day		
B. help us adapt to a 24-hour cycle		
C. regulate the body's functions		
D. interfere with the body's functions		
2. The word "malady" in Paragraph 4 is closest in meaning to "	,	
A. condition		

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- B. discomfort
- C. injury
- D. excitement
- 3. Flying in a westward direction will
 - A. help you sleep better
 - B. increase the degree of jet lag
 - C. shrink your day
 - D. make you overeat
- 4. Which of the following in NOT mentioned as a reason for the disrupted sleep of travelers?
 - A. Crossing different time zones.
 - B. Changing light and activity levels.
 - C. Working longer hours.
 - D. Watching out of the plane for a long time.
- 5. It can be seen from the last two paragraphs that
 - A. you can control your own body clock
 - B. it is not difficult to adjust to a new time zone
 - C. adjusting your watch can help you avoid jet lag
 - D. there isn't much you can do to avoid jet lag

Passage 2

Play is the principal business of childhood, and in recent years research has shown the great importance of play in the development of a human being. From earliest infancy, every child needs opportunity and the right materials for play, and the main tools of play are toys. Their main function is to suggest, encourage and assist play. To succeed in this they must be good toys, which children will play with often, and will come back to again and again. Therefore it is important to choose suitable toys for different stages of a child's development.

In recent years research on infant development has shown that the standard a child is likely to reach, within the range of his inherited abilities, is largely determined in the first three years of his life. So a baby's ability to profit from the right play materials should not be underestimated. A baby who is encouraged and stimulated, talked to and shown things and played with, has the best chance of growing up successfully.

In the next stage, from three to five years old, curiosity knows no bounds. Every type of suitable toy should be made available to the child, for trying out, experimenting and learning, for discovering his own particular ability. Bricks and jigsaws (七巧板) and construction toys; painting, scribbling (涂鸦) and making things; sand and water play; toys for imaginative and pretending play; the first social games for learning to play and get on with others.

But the third stage of play development — from five to seven or eight years — the child is at school. But for a few more years play is still the best way of learning, at home or at school. It is easier to see which type of toys the child most enjoys.

Until the age of seven or eight, play and work mean much the same to a child. But once reading has been

mastered, then books and school become the main source of learning. Toys are still interesting and valuable, they lead on to new hobbies, but their significance has changed — to a child of nine or ten years, toys and games mean, as to adults, relaxation and fun.

1.	The passage tells us that as a child grows up		
	A. he should be allowed to choose his own toys		
	B. he should be given identical toys		
	C. he should be given different toys		
	D. he should be given fewer and fewer toys		
2.	According to the passage, the abilities a child has inherited from his parents _		·,
	A. determine his character		
	B. will not change after the age of three		
	C. partly determine the standard he is likely to reach		
	D. to a large extent determine the choice of toys		
3.	Who have the best chance of growing up successfully?		
	A. Those who tend to overeat.		
	B. Those who are given a lot of toys.		
	C. Those who are given toys, talked to and played with.		
	D. Those who can share their toys with their playmates.		
4.	We learn from the passage that a child has boundless curiosity	 	
	A. when he is two		
	B. when he is around four		
	C. when he is six		
	D. when he is eight		
5.	The passage is mainly about		1.6
	A. the importance of pre-school education		
	B. the importance of schooling		
	C. the choice of toys for adolescents		

VI. Writing Work

D. the role of play in a child's development

Directions: Write a paragraph to describe an interesting physical / chemical experiment or your hometown / campus. (请按时间或空间顺序进行描述。)

UNIT 3

I. Word Formation: There are several groups of words and each group is some kind of word
formation. Study them carefully and fill in each blank with the words listed below.
1. relate $vi. \rightarrow relation n. / relationship n. / relative adj. / relatively adv.$
(1) The teacher has a very good with her students.
(2) They have business with our firm.
(3) It's a minor problem.
(4) The symbol to an earlier system.
(5) After his troubles, he's now in comfort.
2. advertise $vt. \rightarrow$ advertising $n. /$ advertisement $n.$
(1) They like which show women in office, planes, and cars.
(2) We should for someone to look after our children.
(3) is one of the biggest businesses in America.
3. consider $vt. \rightarrow$ consideration $n.$ / considerable $adj.$ / considerably $adv.$
(1) This house is smaller than the previous one.
(2) The cost of consumption articles is the first, as far as most ordinary people are co
ncerned.
(3) The court would not even his claim for the old man's legacy.
(4) The TV play received acclaim.
II. Vocabulary: There are several important words or phrases listed in the box. Study then
carefully and finish the following exercises.
subscribe to prospective differ from advertisement
objective in relation to minimum consequently
potential considerably distribution sponsor
1. Directions: Fill in the gaps with the words or expressions chosen from the box. Change the form where necessary.
•
(1) His recent was to finish by October.
(2) Some people worry about that the of wealth is not fair.
(3) Don't you think it is better this time?
(4) We should be polite to our clients.
(5) Hehis brother in looks.
(6) This magazine by the trade union.
(7) Vove dovohtor is a singer
(7) Your daughter is a singer.
 (7) Your daughter is a singer. (8) All the students in our school the homeless after the earthquake. (9) Nowadays, wage is required to pay the employees in many countries.