

丛书主编 希 扬  
主 编 张 锐

同步导读

走向  
清  
華  
北  
大

# 高一英语 (下)



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# 走向清华北大·同步导读

## 高一英语 (下)



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### 主编寄语

清华北大是科学家的摇篮——上清华北大，高中阶段强势准备，蓄势待发。

——希扬

龍 門 書 局  
北 京

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## Unit 13 Healthy eating



### 知识要点聚焦

#### 1. 重点词汇

- (1) 单词: contain, pain, advice, examine, function, environment, balanced, smarter
- (2) 短语: give reasons for, make a list of, keep up with, build one's body, be good for, based on, go for, be prepared for, be short of, stay fit, best of all, in the right order, go on, unhealthy diets

#### 2. 重点句型

- (1) There's something wrong with...
- (2) We have so much to choose from.
- (3) We can eat them just the way...
- (4) all we have to do is clean and peel them.

#### 3. 交际用语

- (1) What can I do for you?
- (2) What's the matter?
- (3) You'd better get some rest.
- (4) You'll be all right soon.



### 重点问题点拨

#### 1. contain/include/hold 辨析

contain 指作为组成部分而被“包含,容纳”;include 侧重包含者只是整体中的一部分;hold 意思是能装,能盛,常与 can 连用。例如:

- (1) Sea water contains salt. 海水含盐。
- (2) Our ten-city tour included a visit to London. 我们的十城市旅行包括到伦敦的访问。
- (3) I have a pot which can hold many coins. 我有一个能装许多硬币的坛子。

#### 2. I've got a pain here. 我这儿疼痛。

表达肉体“痛”用 pain, a pain, pains 均可。例如:

- (1) I've got pain/a pain/pains in my back all the time. 我总后背痛。
- (2) I feel much pain in the arm. 我手臂疼得很厉害。



表达“努力；辛劳”须用复数形式与 great 等连用。例如：

(1) He took great pains to show us how to do the work. 他极力教我们如何做这工作。

(2) She takes great pains with her work. 她工作兢兢业业。

pain/ache/hurt/suffering 辨析

pain 指某种程度的疼痛，作名词也可作动词；ache 指持续的隐隐之痛，常与表示身体部位的词一起构成复合词；hurt 用作动词，指人身心的痛苦，使人伤心、烦恼等；suffering 指一段时间内，精神和肉体上的痛苦。例如：

(1) His words eased her pain. 他的话减轻了她的痛苦。

(2) I have toothache, so I must go to a dentist's. 我牙痛，我得去看牙医。

(3) I didn't mean to hurt your feelings. 我没有伤害你感情的意思。

(4) She caused him great mental suffering by leaving him. 她离开他，给他带来了很大的精神痛苦。

### 3. It was a bit green. 有点青。

a bit 意思是“一点儿”，只能修饰不可数名词且名词前加介词 of，或直接修饰形容词或副词。例如：

(1) Give me a bit of salt, please? 给我点盐，好吗？

(2) He feels a bit hungry. 他感到有点饿。

not a bit/not a little 辨析

not a bit 等于 not at all，意思是“一点也不”；not a little 等于 very，意思是“很，非常”。例如：

(1) The film is not a bit interesting. 那电影没一点意思。

(2) He was not a little sorry. 他很抱歉。

### 4. And I advise you not to eat fruit that isn't ripe in the future. 我建议你将来不要吃成熟的水果。

advise sb. (not) to do 意为“劝某人(不)做某事”，等于 advise sb. against...；advise 后跟动词时，必须用其-ing 形式；advise sb. of sth. 意为“通知某人做某事”。例如：

(1) He strongly advised me not to do so. 他强力建议我不要那样做。

(2) His father advised him against doing wrong. 他父母劝他不要干坏事。

(3) My parents advise reading the letter carefully before answering it. 我父母建议先仔细阅读这封信再答复。

(4) He advises me of the danger. 他通知我有危险。

advise sb. + that-clause，意思是“建议某人……”，谓动词应用虚拟语气，即

should + 动词原形。例如:

- (1) I advise that he (should) go at once. 我建议他马上走。  
 (2) He advised that we (should) take steps against terrorists at once. 他建议我们立刻采取措施打击恐怖主义分子。

注意: advise 后跟从句时, 意为“通知”, 从句谓语动词则用一般时态。例如:

We are to advise you that the matter is under consideration. 我们应通知你此事正在考虑中。

in the future/in future 辨析

in the future 意为“将来”, 与 in the past 相对; in future 意为“今后”。例如:

- (1) I'd like to be a pilot in the future. 我愿将来成为一名飞行员。  
 (2) Never do that again in future. 今后千万不要再那样做了。

### 5. examine/check/test 辨析

examine 指仔细审查检验某事或某人, 还可以指官方主持的检查或医生进行的诊查, 也表示对某种观点的讨论研究, 更指考试; check 指检查核对某事物, 视其是否安全, 正确无误, 有进展等, 常用于教学、名单等较细密的事物; test 指(对人或事物)试验, (医疗上的)化验。例如:

- (1) I hope I will have time next Sunday to have my eyes examined. 我希望下周日我会有时间去检查一下眼睛。  
 (2) We checked the list of names to see that no one had been left out. 我们核对了名单以免漏掉什么人。  
 (3) The teacher left her purse on the table as a test of the child's honesty. 老师把钱包放在桌上以考验那个孩子的诚实。

### 6. Other nutrients help keep our body functioning well. 别的营养物有助于使身体运转良好。

function 为不及物动词, 意为“(器官等)活动;(机器等)运行, 起作用”。例如:

- (1) The machine doesn't function properly. 这台机器有点毛病。  
 (2) The telephone was not functioning. 这架电话坏了。

keep...doing/keep...from doing 辨析

keep...doing 意为“使……处于某种状态”; keep...from doing 意为“使……不做(某事); 防止……干某事”。介词 from 无论在主动还是在被动结构中都不能省略, 以避免二者语义混淆。例如:

- (1) I'm sorry to have kept you waiting for so long. 对不起让你久等了。  
 (2) The rain kept us from going out. 下雨使我们没法出去。

### 7. Many people today make choices about their eating habits based on what they



believe. 今天许多人关于饮食习惯做出的决定是基于他们的饮食理念。

based on what they believe 为过去分词短语作定语,修饰前面的 habits,意为“以……为基础;根据”。例如:

(1) This play based on The Necklace, a short story by Guy de Maupassant, a French writer was put on in Zhengzhou yesterday. 根据法国作家莫泊桑的短篇小说“项链”改编的戏剧昨日在郑州上演。

(2) You should base your conclusion on careful research. 你应该以审慎的研究为基础而下结论。

8. Because we have so much to choose from,... 因为我们有许多可供选择的食品,……

不定式短语 to choose from 作不定代词 much 的后置定语。不定式作后置定语时应注意两点:①动词不定式后是否带介词;如果不定式所修饰的名词能直接作不定式中动词的宾语,不需加介词,否则,需加适当的介词。②动词不定式用主动还是被动形式;如果不定式的动作发出者为本句主语时,用主动语态,否则,用被动语态。例如:

(1) I have nothing to say. 我无话可说。

(2) There is a warm room to live in. 有间温暖的屋子可以住。

(3) He was the first teacher to come. 他是第一个来的老师。

(4) "Do you have any clothes to be washed today?" my mother asked. 妈妈问道:“你今天有要洗的衣服吗?”

9. ...we can make sure that we are well prepared for the challenges and opportunities in life. ……我们确保为生活中的挑战和机遇做好充分准备。

make sure + that clause 意为“确保;保证”;

make sure of + n/doing 意为“查明;搞清楚”。例如:

(1) Make sure (that) all the windows are shut. 确保关好所有的窗户。

(2) I can make sure that I will succeed. 我敢保证我能成功。

(3) You'd better make sure of the time of the train. 你最好搞清楚火车的开车时间。

10. Most fruits are naturally sweet and we can eat them just the way they are—all we have to do is clean and peel them. 大多数水果都自然甜美爽口,我们可以原汁原味食用——所做的只是洗净去皮。

the way 后 they are 为省略关系词的定语从句。the way 作先行词,后接定语从句,关系词的使用常有三种形式①in which ②that ③省略。例如:

I don't like the way that/in which you speak to her. 我不喜欢你同她说话的那



当主语中含有实义动词 do 时,作表语的动词不定式“to”常可省略。例如:

- (1) Now all most people want to do is earn more money. 现在大多数人所想要做的是多挣钱。
- (2) After the match, the first thing she did was go up to her trainer and thank her for all her help during the training. 比赛过后,她做的第一件事是走到教练面前,感谢训练期间对她的所有帮助。

## 高考名题点评

例1 Allen had to call a taxi because the box was \_\_\_\_\_ to carry all the way home. (2003NMET, 23)

- A. much too heavy                      B. too much heavy  
C. heavy too much                      D. too heavy much

**分析与解答:** 本题考查考生正确使用形容词的修饰语的能力。形容词或副词的修饰语一般放在被修饰语的前面, 故 C、D 两项排除。too much 用来修饰不可数名词, 故排除。much too 一般修饰形容词或副词。答案为 A。

例2 According to the recent research, heavy coffee drinking and heart attack is not necessarily \_\_\_\_\_ and effect. (2002 上海, 24)

- A. reason      B. impact      C. fact      D. cause

**分析与解答:**本句句意为“根据最新研究,多饮咖啡并不是引起心脏病的必然的原因”。impact 强烈的影响;fact 事实;reason 强调经过逻辑推理导致的结论;cause 主要指导致某种结果的原因。“heavy coffee drinking”和“heart attack”之间强调直接的因果关系,故答案选 D。

### 高考误区警示

例 Is this the reason \_\_\_\_\_ at the meeting for his carelessness in his work?  
(2002 上海春季卷, 35)

- A. he explained                      B. what he explained  
C. how he explained                D. why he explained

**警示:**本题考查句子结构。reason 后的句子常用 why 来引导,故考生容易选为 D。本题中先行词 the reason 作动词 explain 的宾语,所以省略了关系代词 which/that,故正确答案选 A。



## 创新互动训练

### 一、单项填空

- It's said that there are plenty of hotels in that town.  
There \_\_\_\_\_ be any difficulty for you to find somewhere to stay.  
A. wouldn't      B. mustn't      C. shouldn't      D. needn't
- Which do you enjoy \_\_\_\_\_ your spare time, playing cards at home or taking a walk in the park?  
A. spending      B. to spend      C. having spent      D. to have spent
- I'm sorry that Mr Wang \_\_\_\_\_ in such poor health.  
A. were      B. should be      C. shall be      D. will be
- You ought \_\_\_\_\_ for what you haven't done.  
A. not to be punished      B. not be punished  
C. to not punish      D. to not be punished
- So you have to leave now.  
—Yes, I \_\_\_\_\_.  
—How nice it would be if you could stay a bit longer.  
A. have to      B. ought to      C. do      D. have
- Before falling asleep, Helen got the day's happenings \_\_\_\_\_.  
A. reviewed      B. examined      C. reminded      D. suggested
- Smith has come in his raincoat and gum boots, \_\_\_\_\_ for rain.  
A. prepare      B. prepared      C. to prepare      D. prepared
- Happily for John's mother, he is working harder to \_\_\_\_\_ his lost time.  
A. make up for      B. keep up with      C. catch up with      D. make use of
- One of the consequences of our planet's being warming up is a(n) \_\_\_\_\_ in the number of natural disasters.  
A. result      B. account      C. reason      D. increase
- Why don't you put the meat in the fridge? It will \_\_\_\_\_ fresh for several days.  
A. be stayed      B. stay      C. be staying      D. have stayed
- I often feel pains \_\_\_\_\_ the stomach.  
A. in      B. on      C. at      D. to
- The rescue team spare no \_\_\_\_\_ in search of the missing climbers from the great university, but ended in vain.  
A. pains      B. force      C. efforts      D. labour



13. Trees are good for man. We can't plant them \_\_\_\_\_ many.  
A. so                      B. such                      C. too                      D. enough
14. —I'm trying to use the machine, but it won't start.  
—Let me show you how to start it. See all you have to do is \_\_\_\_\_ this button.  
A. to press              B. press                      C. to turn                      D. turn
15. Nowadays everything strange is \_\_\_\_\_ strange. That is to say, any unexpected thing is possible to happen.  
A. something              B. anything                      C. nothing                      D. everything

## 二、单元目标专练

1. —What about having a drink?  
—\_\_\_\_\_.  
A. Good idea              B. Help yourself              C. Go ahead, please              D. Me, too
2. —Let's go swimming, shall we?  
—\_\_\_\_\_.  
A. It's my pleasure                      B. It doesn't matter  
C. Yes, let's go                      D. I agree with you
3. He ought to come here early, \_\_\_\_\_ he?  
A. would                      B. should                      C. didn't                      D. shouldn't
4. It was a pity that he \_\_\_\_\_ so careless.  
A. is                      B. was                      C. should be                      D. were
5. —Many people in England love to give advice on weather reporting.  
—Yes, but I think the weather office's computers \_\_\_\_\_ be more accurate.  
A. can                      B. must                      C. ought to                      D. might
6. It's nearly seven o'clock. Jack \_\_\_\_\_ be here at any moment.  
A. must                      B. need                      C. should                      D. can

## 三、找出下列句子中错误的一处

1. I'm not going simply because I don't see why I would.  
A                      B                      C                      D
2. The exams were more difficult than I expected them to be. I should work so hard  
A                      B                      C  
for them.  
D
3. They often give talks, advise children to do more exercise.  
A                      B                      C                      D
4. We must be good for learning from the peoples the world over.  
A                      B                      C                      D



5. Mrs Brown has eaten a lot of different medicines, but none has cured the disease.  
A B C D
6. When you learn spoken English, you must be careful of your pronunciation.  
A B C D



### 考名校检测题

### 一、完形填空

Early next morning Jack left the village where he had spent the night. He 1 the narrow country road leading to a small town some twelve miles away. Two hours later he came to a 2 which cut across country and led directly to the town. 3 the road, he passed through a gate and was soon walking along the path.

Suddenly Jack heard the low sound of a 4 . At first he thought it 5 be a car travelling along the road he had just left. He 6 the noise to die away in the distance. 7 it grew louder and seemed to be coming from 8 . He looked up and saw a plane flying twisted across the sky. It 9 out and went down towards the 10 . It was coming towards him. He stared at it 11 and immediately took cover in a hole in the field, his eyes 12 the course of the plane the whole 13 . As he watched it he felt 14 it would crash before his eyes. Then it pulled out of the 15 and hit the field. The plane bounced 16 across the ground carrying away anything that lay in its path. In a few seconds, it 17 through a bush only a few yards away from Jack. After that, all was 18 . Jack stood up and for a moment he thought of 19 to the farmhouse and asking for help but he 20 his mind and rushed towards the plane.

- |                  |              |                 |                |
|------------------|--------------|-----------------|----------------|
| 1. A. walked     | B. took      | C. made         | D. led         |
| 2. A. path       | B. house     | C. river        | D. fire        |
| 3. A. Reaching   | B. Keeping   | C. Leaving      | D. Travelling  |
| 4. A. plane      | B. motorcar  | C. truck        | D. bus         |
| 5. A. could      | B. must      | C. should       | D. would       |
| 6. A. ordered    | B. preferred | C. tried        | D. expected    |
| 7. A. Therefore  | B. So        | C. Instead      | D. Thus        |
| 8. A. behind     | B. above     | C. ahead        | D. somewhere   |
| 9. A. arrived    | B. stopped   | C. appeared     | D. disappeared |
| 10. A. fields    | B. village   | C. sky          | D. farmhouse   |
| 11. A. satisfied | B. terrified | C. disappointed | D. excited     |
| 12. A. seeing    | B. watching  | C. following    | D. catching    |



- |                  |            |              |            |
|------------------|------------|--------------|------------|
| 13. A. day       | B. morning | C. way       | D. time    |
| 14. A. glad      | B. calm    | C. uncertain | D. nervous |
| 15. A. dive      | B. show    | C. plane     | D. fly     |
| 16. A. safely    | B. wildly  | C. quietly   | D. loudly  |
| 17. A. flew      | B. went    | C. jumped    | D. crashed |
| 18. A. ready     | B. still   | C. past      | D. done    |
| 19. A. running   | B. moving  | C. coming    | D. leading |
| 20. A. explained | B. enjoyed | C. kept      | D. changed |

## 二、阅读理解

### A

Paloalto, California—"Switching off the television may help prevent children from getting fatter—even if they do not change their diet." US researchers said last week.

A study of 192 third and fourth graders, generally aged eight and nine, found that children who cut the number of hours spent watching television gained nearly two pounds (0.91kg) less over a one-year period than those who did not change their television diet.

"The findings are important because they show that weight loss can only be the result of a reduction in television viewing and not any other activity," said Thomas Robinson, a *pediatrician* (儿科专家) at Stanford University. "American children spend an average of more than four hours per day watching television and videos or playing video games, and rates of childhood being very fat have doubled over the past 20 years," Robinson said.

In the study presented this week to the Pediatric Academic Societies annual meeting in San Francisco, the researchers persuaded about 100 of the students to reduce their television viewing by one-quarter to one-third. Children watching fewer hours of television showed a significantly smaller increase in waist size and had less body fat than other students who continued their normal television viewing, even though neither group ate a special diet nor took part in any extra exercise.

"One explanation for the weight loss could be the children unstuck to the television may simply have been moving around more and burning off calories," Robinson said, "Another reason might be due to eating fewer meals in front of the television. Some studies have suggested that eating in front of the TV encourages people to eat more."



1. The report tells us that children will get fatter if they \_\_\_\_\_.  
A. eat in front of the TV                      B. change their diet  
C. do special exercises                      D. spend much time watching TV
2. According to the report, the time American children usually spend on watching TV and videos or playing video games \_\_\_\_\_.  
A. is four hours a day or more                      B. is less than four hours a day  
C. has doubled in the last 20 years                      D. has been reduced to one-quarter
3. The time some children were persuaded to spend on TV viewing every day was less than \_\_\_\_\_.  
A. one hour                      B. two hours                      C. three hours                      D. four hours
4. Watching TV will increase kids' weight because \_\_\_\_\_.  
A. they usually eat more and move less  
B. they no longer take part in outdoor activities  
C. they will not burn off calories  
D. they will enjoy having meals in front of the television
5. Which of the following statements is true according to the report?  
A. American children have doubled their weight over the past twenty years.  
B. Weight loss can be gained by reducing television viewing.  
C. Having a special diet cannot change children's weight.  
D. Children watching fewer hours of TV can stop their waist size increasing.

**B**

All of us eat every day, but most of us don't understand nutrition (营养). We often make mistakes in talking about good diet.

For example, many people think that foods, such as rice, bread and potatoes, will make one grow fat. In fact, those foods are very good to one's health. They are good sources of many vitamins (维他命). And in comparison with steak and beef, they contain less amount of calories.

Some people don't like canned or frozen vegetables, because they think fresh vegetables cooked at home are always better. This is again wrong. In fact, whether the vegetables are good or not depends more on how they are prepared. Overcooking, for example, destroys many good qualities of vegetables. Vegetables cooked in too much water can lose a large amount of vitamins.

It is widely believed that extra vitamins provide more energy. But taking more than the body needs doesn't make it function better.



It is also wrong to say that vegetables grown in poor, worn-out soil are lower in vitamins than vegetables grown in rich soil. The vitamins in our foods are in the plants themselves. They don't come from the soil. However the minerals in a plant depend on the minerals in the soil.

In short, there are many false ideas about nutrition. We need to correct them.

6. This passage is mainly about \_\_\_\_\_.

- A. nutrition                      B. vitamins                      C. vegetables                      D. healthy

7. Rice, bread and potatoes do good to people's health because \_\_\_\_\_.

- A. they make people fat  
B. there are a lot of vitamins in them  
C. they contain less amount of calories compared with steak and beef  
D. both B and C

8. Why don't some people like canned or frozen vegetables? Because \_\_\_\_\_.

- A. they think fresh vegetables contain less vitamins  
B. they think fresh vegetables contain more vitamins than the canned or frozen ones.  
C. they don't think the canned or frozen vegetables are fresh  
D. they don't think the canned or frozen vegetables taste as good as the fresh

9. Which of the following is true according to the passage?

- A. Many people know almost everything about nutrition.  
B. Food, such as rice, bread and potatoes, makes people fat.  
C. Vegetables grown in poor, worn-out soil may have the same amount of vitamins as vegetables grown in rich soil.  
D. Extra vitamins provide less energy.

10. The point of the passage is that \_\_\_\_\_.

- A. the minerals in a plant depend on the minerals in the soil  
B. people make mistakes when talking about good diet  
C. taking more vitamins than the body needs doesn't make it function better  
D. vegetables cooked in too much water can lose a large amount of vitamins

**C**

One way that scientists learn about man is by studying animals. In this laboratory, the scientists are studying the relationship between diet and health. They are studying the relationship between the amount of food the mice eat and their health. The mice are in three groups. All three groups are receiving the same healthy diet. But the amount of food that each group is receiving is different. The first group is eat-



ing one cup of food each day, the second group is eating two cups, and the third group is eating three cups.

After three years, the healthiest group is the one that is only eating one cup of food each day. The mice in this group are thinner than normal mice. But they are more active. Most of the day, they are running, playing with one another. Also, they are living longer. Mice normally live for two years. Most of the mice in this group are still alive after three years.

The second group of mice is normal weight. They are healthy, too. They are active, but not as active as the thinner mice. But they are only living about two years, not the three years or more of the thinner mice.

The last group of mice is receiving more food than the other two groups. Most of the day, these mice are eating or sleeping. They are not very active. These mice are living longer than the scientists thought-about a year and a half. But they are not as healthy. They are sick more often than the other two groups.

11. Which group of the mice is the healthiest after three years' experiment?

- A. The first group.
- B. The second group.
- C. The third group.
- D. None of the groups.

12. The scientists did the experiment in order to \_\_\_\_\_.

- A. help the mice to grow better
- B. tell us how much food a person should eat each day in order to be healthy
- C. tell us the more we eat, the healthier we are
- D. tell us we should eat good food to be healthy

13. If a person eats a lot of food each day, he \_\_\_\_\_.

- A. may be very healthy
- B. may be very active
- C. is easy to catch a cold
- D. lives longer than the person who eats less

14. According to the passage, which of these sentences is true?

- A. Three groups of mice eat different food.
- B. The life-span of the mice in the first group is about twice as long as that of the mice in the third group.
- C. Scientists thought the mice in the third group could live for three years.
- D. It took the scientists two years to finish the experiment.

15. Which of the following characteristics belongs to the second group?

- A. Unhealthy, active, heaviest.
- B. Healthy, active, thinnest.
- C. Unhealthy, active, normal weight.
- D. Healthy, active, normal weight.





## D

A person may have an idea about himself that will prevent him from doing good work. He may have the idea he is not capable (有能力的) of it. A child may think he is stupid because he does not understand how to make the most of his mental faculties (脑力), or he may accept another person's mistaken estimate (估计) of his ability. Older people may be handicapped by the mistaken belief that they are incapable (无能力的) of learning anything new because of their age.

A person who believes that he is incapable will not make a real effort, because he feels that it would be useless. He won't go at a job with the confidence (自信) necessary for success. He is therefore likely to fail, and the failure will strengthen his belief in his incompetence.

Alfred Adler, a famous doctor, had an experience which illustrates this. When he was a small boy he got off to poor start in maths. His teacher got the idea that he had no ability in maths, and told his parents what she thought in order that they would not expect too much of him. In this way, they too developed the idea, "Isn't it too bad that Alfred can't do maths?" He accepted their mistaken estimate of his ability, felt that it was useless to try, and was very poor at maths, just as they expected.

One day Adler succeeded in solving a problem which none of the other students had been able to solve. This gave him confidence. He rejected the idea that he couldn't do maths and was determined to show them that he could. His new found confidence stimulated him to go at maths problems with a new spirit. He now worked with interest, determination, and purpose, and he soon became extraordinarily good at maths.

This experience made him realize that many people have more ability than they think they have, and that lack of success is as often the result of lack of knowledge of how to apply one's ability, lack of confidence, and lack of determination as it is the result of lack of ability.

16. Which of the following sentences is NOT true?

- A. Older people may think that they're too old to learn anything new.
- B. A child may accept another person's mistaken estimate of his ability.
- C. Failure will strengthen one's belief in his incompetence.
- D. A person who believes that he is incapable will make a real effort.

17. What does the underlined word "illustrates" mean?

- A. relates
- B. gives an example for