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# — 高中英语 —

# 阅读理解 与 完形填空

## 新课标拓展阅读周周练

- ✓ **3大课标主题语境**：人与自我、人与社会、人与自然
- ✓ **4大高考题型**，每天一练，高效提升阅读能力
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丛书主编：陈 俊 王雪峰  
本册主编：孙 明 王雪峰

高一



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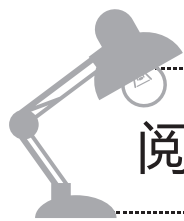
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# 阅读，我们心中的明灯

(代序)

阅读的快乐不仅在于别人告诉了你什么，而且在于借此你的心灵得以舒展开来。阅读是一条流淌的小溪，总是缓缓地流入你的心田，给你滋润，让你恬美。阅读好比是人体里的维生素，无论对于谁，都极其重要。

《普通高中英语课程标准(2017年版)》指出：“普通高中英语课程的具体目标是培养和发展学生在接受高中英语教育后应具备的语言能力、文化意识、思维品质、学习能力等学科核心素养。”阅读是理解和吸收书面信息的手段，有助于学生扩大词汇量，丰富语言知识，了解英语国家的社会和文化，形成健康的人生观，为终身学习和发展打下良好的基础；在教学中特别要增加泛读训练，指导学生进行课外阅读。高考英语试题很注重对学生阅读能力的考查，语篇阅读类试题分值所占比例高达一半。教科书提供的阅读材料十分有限，学生阅读能力亟待加强。

本套丛书根据《普通高中英语课程标准》设计，很好地融入了“人与自我”“人与社会”及“人与自然”三大主题语境，根据常见的24项话题选材；分年级编写，每个年级选取了20周的阅读材料，分别由2篇阅读理解、1篇七选五阅读填空、1篇完形填空、1篇语法填空以及1篇拓展阅读组成；每个练习篇章搭配“语篇解读”“阅读词汇帮”“好句惠存”“译译对应”“异曲同工”及“答案与解析”等模块，将语篇理解与词汇语法训练有机地结合起来，使学生的语言能力、文化意识、思维品质及学习能力等各项英语学科核心素养的提升落到实处。

这套丛书注重时代性、趣味性、知识性、科学性、教育性、同步性、针对性，是一套生动的素质教育教材，有助于学生扩大词汇量，巩固与扩展所学知识，帮助学生养成良好的阅读习惯，提升阅读速度，培养语感，拓宽视野，提高阅读分析、推理判断的能力，为写作打好坚实的基础；同时厚植文化底蕴，涵养审美情趣，提升思想境界，提高篇章阅读能力，培养学科核心素养。

阅读可以改变人生。它虽然不能改变人生的长度，却可以改变人生的宽度；虽然不能改变人生的起点，却可以改变人生的终点。阅读是我们心中的一盏灯，伴我们在人生道路上看得更清、更明。阅读使我们的精神更高贵、智慧更卓越、情感更丰富。《高中英语阅读理解与完形填空：新课标拓展阅读周周练》，你值得拥有。同学们，让我们一起来领略阅读的魅力吧！

由于编者水平有限，错漏之处在所难免，恳切希望读者朋友批评指正。

编者

2018年12月

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## Week 1

人与自我  
——生活与学习

## Day 1 Methods and Suggestions for Improving Efficiency

体裁：说明文

词数：399

建议用时：8分钟

## 语篇解读

本文主要为工作狂们提出了一些如何更好地聚焦生活、提高效率的方法及建议。文章内容反映了“人与自我”这一主题，语境话题为“健康的生活方式、积极的生活态度”；语篇体现了思维品质目标，有助于学生提升分析和解决问题的能力。

## 阅读理解

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

Here are a few tips to help you, the workaholic, refocus and get the best out of life.

**EIGHT HOURS OF SLEEP**

Make it a point to get at least eight hours of sleep and plenty of rest. Don't believe that you can always "catch some sleep or rest later." Your body cannot make up for lost sleep or rest time because it is not physiologically possible.

**STRICTLY FAMILY ON WEEKENDS**

Resolve to make Saturdays and Sundays strictly for family time. And stick to this! Mondays until Fridays you make an excuse not to relax and spend time with your family because it's work time. Why not make a similar excuse for Saturdays and Sundays? "I can't work today because I'm spending time with my family."

**GET SOME FOOD IN**

Make sure you get food in your stomach. Workaholics are known to be food-skippers. If you can't afford to get off your desk or from doing paperwork, have food delivered to you. It's always a good idea if you have crackers on your drawer to ease the hunger pangs.

**CONFINE WORK**

Resolve to confine work in your office. Don't bring work to your home! Keep those files in your office desk where they belong. Practice working only within your working hours. If you have an eight-to-five working schedule, stick to it.

**WORK UP THOSE MUSCLES**

Exercise, exercise, exercise! Set aside at least an hour each day or every other day for exercise. Your body needs to be conditioned, and working non-stop isn't going to give it the proper physical conditioning it needs. Since most workaholics tend to have their behinds stuck on their chairs, it's even more important that you get some exercise.

**MAKE A PLAN**

Plan your day. Work on only one or two things at a time. It's much easier to work on something and finish it first and then move on to the next rather than do a number of things all at the same time and never finish or accomplish anything at the end of the day. Make out a list of priorities. Write down things that need to be worked on immediately or are urgent, keeping the least ones at the bottom of your list. After you've done this, be guided by this list. Turning this activity into a habit will also help you manage your time better, be more organized, and accomplish more.

- Who is the text intended for?
  - Those who are hardworking.
  - Those who consider work the center of their life.
  - Those who keep themselves healthy and alive.
  - Those who live a busy, successful and happy life.
- Which is NOT mentioned as a practical tip for a workaholic?
  - Don't be food-skippers.
  - Don't have your behinds stuck on your chairs.
  - Make up for lost sleep whenever possible.
  - Make sure of time available for your family.
- What does the underlined word "confine" probably mean in Paragraph Five?
  - Stop.
  - Start.
  - Practice.
  - Limit.
- If there were one more tip, it could be \_\_\_\_\_.
  - WORK TO LIVE
  - LIVE TO WORK
  - MAKE WORK YOUR LIFE
  - STOP TO ENJOY WORKING

 阅读词汇帮

课标外词汇	workaholic <i>n.</i> 专心工作的人, 工作狂 resolve <i>v.</i> 决心, 决定 ease <i>v.</i> 减轻, 缓解 conditioning <i>n.</i> 条件 organized <i>adj.</i> 有组织的, 有条理的	physiologically <i>adv.</i> 生理学方面 cracker <i>n.</i> 薄脆饼干 pang <i>n.</i> 折磨 priority <i>n.</i> 优先权
课标内词汇	excuse <i>n.</i> 借口 stomach <i>n.</i> 胃, 肚子 paperwork <i>n.</i> 文书工作 drawer <i>n.</i> 抽屉 schedule <i>n.</i> 日程安排 condition <i>v.</i> 使习惯, 使适应 tend <i>v.</i> 易于, 往往 urgent <i>adj.</i> 急迫的, 紧要的	relax <i>v.</i> 放松 afford <i>v.</i> 负担得起; 提供 deliver <i>v.</i> 递送 file <i>n.</i> 文件 stick <i>v.</i> 坚持; 卡住, 陷入 proper <i>adj.</i> 适当的 accomplish <i>v.</i> 完成, 实现 guide <i>v.</i> 指导

 好句惠存

- Make it a point to get at least eight hours of sleep and plenty of rest.  
要保证至少 8 小时睡眠和足够的休息。
- Don't bring work to your home!  
不要把工作带回家。
- Set aside at least an hour each day or every other day for exercise.  
每天或每隔一天至少安排 1 小时锻炼身体。
- Work on only one or two things at a time.  
一次只做一件或两件事情。

**译译对应** (请用文章中词汇的恰当形式填空,每空一词。)

1. 每个人都有机会追求最好的生活。  
Everyone has a chance to \_\_\_\_\_ life.
2. 她坚信他会对她好,并会对他之前的所作所为进行弥补。  
She believed that he would be good to her and \_\_\_\_\_ what he had done.
3. 通向成功最可靠的方法是坚持目标。  
The surest way to success is \_\_\_\_\_ your goal.
4. 每天留出一点儿时间来写作,哪怕只有5分钟。  
\_\_\_\_\_ some time each day to write, even if it is only five minutes.
5. 我想喝冷饮,而不想喝咖啡。  
I'll have a cold drink \_\_\_\_\_ coffee.
6. 杰克发了几封电子邮件之后,就开始做他这个项目的工。作。  
After Jack had sent some e-mails, he started \_\_\_\_\_ his project.

**异曲同工** (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

1. I make a point of keeping early hours.  
I \_\_\_\_\_ keep early hours.
2. Why don't you make a similar excuse for Saturdays and Sundays?  
\_\_\_\_\_ make a similar excuse for Saturdays and Sundays?
3. Be sure you get food in your stomach.  
\_\_\_\_\_ you get food in your stomach.
4. I go there every two days.  
I go there \_\_\_\_\_.

**Day 2 Miss the Good Old Days**

体裁: 记叙文

词数: 317

建议用时: 8分钟

**语篇解读**

本文主要讲述了作者和哥哥为躲避酷暑而连续几天到电影院看电影的趣事。文章内容反映了“人与自我”这一主题,语境话题为“个人、家庭、社区及学校生活”;语篇体现了思维品质目标,有助于培养学生的创造性思维,提升分析和解决问题的能力。

**阅读理解**

阅读下列短文,从每题所给的A、B、C和D四个选项中,选出最佳选项。

It was one of those terribly hot days in Baltimore. Needless to say, it was too hot to do anything outside. But it was also scorching in our apartment. This was 1962, and I would not live in a place with an air conditioner for another ten years. So my brother and I decided to leave the apartment to find someplace indoors. He suggested we see a movie. It was a brilliant idea.

Movie theaters were one of the few places you could sit all day and—most importantly—sit in air conditioning. In those days, you could buy one ticket and sit through two movies. Then, the theater would show the same two movies again. If you wanted to, you could sit through them twice. Most people did not do that, but the manager at our theater, Mr. Bellow, did not mind if you did that.

That particular day, my brother and I sat through both movies twice, trying to escape the heat. We bought three bags of popcorn and three sodas each. Then, we sat and watched *The Music Man* followed by *The Man Who Shot Liberty Valance*. We'd already seen the second movie once before. It had been at the theater since January, because Mr. Bellow loved anything with John Wayne in it.

We left the theater around 8, just before the evening shows began. But we returned the next day and saw the same two movies again, twice more. And we did it the third day too. Finally, on the fourth day, the heat wave broke.

Still, to this day I can sing half the songs in *The Music Man* and recite half of John Wayne and Jimmy Stewart's dialogue from *The Man Who Shot Liberty Valance*! Those memories are some of the few I have of the heat wave of 1962. They're really memories of the screen, not memories of my life.

1. What does the underlined word "scorching" probably mean in Paragraph One?  
A. Burning hot.      B. Freezing cold.      C. Full of cool air.      D. Damp and smoggy.
2. On the special day, the author and his brother \_\_\_\_\_.  
A. still stayed in his own apartment  
B. went to watch movies—*The Music Man*, then *The Man Who Shot Liberty Valance*  
C. went to watch movies—*The Man Who Shot Liberty Valance*, then *The Music Man*  
D. left the theater at midnight
3. Which of the following statements is TRUE?  
A. The author first lived in a place with an air conditioner in 1952.  
B. Mr. Bellow sold air conditioners.  
C. On the fourth day, the heat wave suddenly changed.  
D. Mr. Bellow didn't like John Wayne.
4. The author and his brother saw the same movies several times because \_\_\_\_\_.  
A. the two movies were really good  
B. they wanted to avoid the heat outside  
C. three sodas tasted nice  
D. it was the first time they had watched the movies

📖 阅读词汇帮

课标外词汇	terribly <i>adv.</i> 非常,很	soda <i>n.</i> 苏打水
课标内词汇	apartment <i>n.</i> 公寓,套间 particular <i>adj.</i> 特别的;挑剔的 heat <i>n.</i> 高温;炎热 memory <i>n.</i> 记忆,记忆力	brilliant <i>adj.</i> 极好的 escape <i>v.</i> 逃避 popcorn <i>n.</i> 爆玉米花

💬 好句惠存

1. Needless to say, it was too hot to do anything outside.  
不用说,外面太热了,什么都做不了。
2. So my brother and I decided to leave the apartment to find someplace indoors.  
于是,我和哥哥决定离开公寓去找个室内(可以避暑)的地方。
3. It was a brilliant idea.  
那是一个极好的主意。

**译译对应** (请用文章中词汇的恰当形式填空,每空一词。)

1. 不用说,问题在于涉及的费用。

The problem, \_\_\_\_\_, is the cost involved.

2. 我们不得不耐着性子听完将近两个小时的讲话。

We had to \_\_\_\_\_ nearly two hours of speeches.

3. 走之前来不及跟你告别,我至今后悔不已。

I didn't find time to say goodbye to you before I left. I regret it \_\_\_\_\_.

**异曲同工** (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

1. I would not live in a place with an air conditioner for ten more years.

I would not live in a place with an air conditioner for \_\_\_\_\_ years.

2. It was so hot that we couldn't do anything outside.

It was \_\_\_\_\_ hot for us \_\_\_\_\_ do anything outside.

### Day 3 Thomas Edison Was Fishing

体裁: 记叙文

词数: 189

建议用时: 5 分钟

#### 语篇解读

本文主要通过爱迪生钓鱼的故事告诉人们要留出时间去思考。文章内容反映了“人与自我”这一主题,语境话题为“认识自我、丰富自我、完善自我”;语篇体现了思维品质目标,有助于培养学生的创造性思维,提升分析和解决问题的能力。

**阅读填空** 根据短文内容,从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Thomas Edison was one of the most successful inventors the world has ever seen. 1 But people found that although Edison was good at inventing new things, he was a poor fisherman. He used to spend an hour almost every day sitting at the side of a river and fish. He always fished all alone by himself. 2

People asked Edison, “Why are you so crazy about fishing when you are so bad at it?” His answer was, “I really never caught any fish because I have never used any bait.” Another question followed, “Why would you fish without bait?” Edison answered, “Because when you fish without bait, people don't disturb you and neither do the fish. 3”

Sometimes the world's best inventor was the world's worst fisherman. In fact, because Edison was the world's worst fisherman, he could become the world's greatest inventor.

Are you setting aside some time for yourself to think? 4 Here are some ideas for you:

- Slowing down and taking long showers is a good idea.
- 5
- Long walks are good too.
- Afternoon naps have been proved to improve creativity.

- A. But he never caught any fish.  
B. It provides me my best time to think.

- C. In all, Edison has thousands of inventions.  
 D. So is listening to some soft classical music.  
 E. He was asked the reason behind him being a fisherman.  
 F. To make your brain work better, you need to take a rest.  
 G. Set aside 15-20 minutes per day so that you can do nothing.

 阅读词汇帮

课标外词汇    bait *n.* 诱饵    nap *n.* 小睡    creativity *n.* 创造力, 创造性

课标内词汇    inventor *n.* 发明者, 发明家    fisherman *n.* 渔夫  
 disturb *v.* 打断, 打扰

 好句惠存

- Are you setting aside some time for yourself to think?  
你是否留出时间让自己思考?
- Slowing down and taking long showers is a good idea.  
放慢脚步, 长时间淋浴是个好主意。

**译译对应** (请用文章中词汇的恰当形式填空, 每空一词。)

- 他痴迷于画画。  
He \_\_\_\_\_ painting.
- 每天留出一点儿时间来写作, 哪怕只有 5 分钟。  
\_\_\_\_\_ some time each day to write, even if it is only five minutes.
- 车快要到十字路口时就得减速。  
\_\_\_\_\_ before you reach the crossing.

**异曲同工** (请用文章中的词汇改写下列句子, 使两句意思相同, 每空一词。)

He always finishes his tasks on his own.  
 He always finishes his own tasks \_\_\_\_\_.

**Day 4** The Right Way of Life

体裁: 说明文

词数: 343

建议用时: 17 分钟

 语篇解读

本文主要介绍了人们在成长阶段的生活方式会影响一生。文章内容反映了“人与自我”这一主题, 语境话题为“认识自我, 丰富自我, 完善自我”; 语篇体现了文化意识目标, 有助于学生形成正确的人生态度和行为取向, 学会做人做事。

## 完形填空

阅读下面短文，从短文后各题所给的 A、B、C 和 D 四个选项中，选出可以填入空白处的最佳选项。

All of us go through some difficult times as we approach teenage years. It's the age when we have to deal with the most 1 in our life. This transition from childhood to adulthood is 2 for some, but rough for others. The most important thing about being a teenager is 3. When we are teenagers, we would get blamed or even punished for anything wrong we do.

It's all not so 4 about being a teenager though. We don't have to have our 5 take us to somewhere we want to go or we couldn't go before. We can have 6 with friends or even alone, which we couldn't have because we were too 7 to know what pleasure is! It's a very enjoyable time of life. During this age, we are old enough to 8 what is good for us, and make decisions without 9 others.

But like the saying goes, "All good things must come to an end, but all bad things can continue 10." During this period, we are having much 11 for our studies. If we don't pass, we won't get jobs, and things will take a turn for the 12. With the present world economy in 13, we have to do really, really well in our 14 for a job. Adults say that their 15 is the hardest part of life. But I think the transition from a kid to an adult is much 16 than being already an adult. What we do in our teenage years will 17 what we become and how we lead our life in the future.

In conclusion, it is quite 18 that parents put much pressure on an already stressed-out teenager. If they realized that, living condition for teenagers would be much better. 19 for the teens ourselves we should get to know what is best for us. What's more, we should understand the right 20 of life we choose at this age can make us happy for the rest of our existence.

- |                     |                 |                |                   |
|---------------------|-----------------|----------------|-------------------|
| 1. A. chances       | B. changes      | C. feelings    | D. expectations   |
| 2. A. smooth        | B. practical    | C. demanding   | D. necessary      |
| 3. A. knowledge     | B. independence | C. confidence  | D. responsibility |
| 4. A. easy          | B. strange      | C. bad         | D. interesting    |
| 5. A. guides        | B. partners     | C. parents     | D. friends        |
| 6. A. fun           | B. trouble      | C. relation    | D. business       |
| 7. A. proud         | B. young        | C. smart       | D. mature         |
| 8. A. predict       | B. remember     | C. imagine     | D. understand     |
| 9. A. guiding       | B. helping      | C. inviting    | D. consulting     |
| 10. A. occasionally | B. temporarily  | C. forever     | D. increasingly   |
| 11. A. pressure     | B. passion      | C. motivation  | D. panic          |
| 12. A. better       | B. worse        | C. fewer       | D. more           |
| 13. A. decline      | B. hope         | C. increase    | D. debt           |
| 14. A. contribution | B. education    | C. application | D. qualification  |
| 15. A. promotion    | B. work         | C. experience  | D. age            |
| 16. A. harder       | B. happier      | C. easier      | D. lighter        |
| 17. A. reflect      | B. confirm      | C. determine   | D. identify       |
| 18. A. vital        | B. urgent       | C. common      | D. unnecessary    |
| 19. A. Or           | B. Though       | C. But         | D. Because        |
| 20. A. experience   | B. way          | C. condition   | D. power          |

 阅读词汇帮

课标外词汇 transition *n.* 转变 adulthood *n.* 成年时期 stressed-out *adj.* 有压力的

课标内词汇

approach *v.* 接近, 临近  
 teenager *n.* 青少年  
 though *adv.* 但是, 然而  
 economy *n.* 经济  
 existence *n.* 存在; 生活

childhood *n.* 童年时期  
 blame *v.* 责备  
 enjoyable *adj.* 令人快乐的  
 adult *n.* 成年人

rough *adj.* 艰难的  
 punish *v.* 惩罚, 处罚  
 saying *n.* 谚语, 格言  
 pressure *n.* 压力

好句惠存

- All of us go through some difficult times as we approach teenage years.  
当我们即将步入青少年阶段时, 我们都会经历一些困难时期。
- The most important thing about being a teenager is responsibility.  
作为一个青少年最重要的是承担责任。
- But like the saying goes, "All good things must come to an end, but all bad things can continue forever."  
但俗话说: "一切美好的事终将结束, 一切不好的事却可能会永远延续下去。"

译译对应 (请用文章中词汇的恰当形式填空, 每空一词。)

- 常言道: "熟能生巧。"  
"Practice makes perfect," \_\_\_\_\_.
- 手术两天后, 爸爸的病情恶化了。  
Two days after the operation, Dad \_\_\_\_\_.

异曲同工 (请用文章中的词汇改写下列句子, 使两句意思相同, 每空一词。)

- The summer holiday drew to a close at last.  
The summer holiday \_\_\_\_\_ at last.
- In a word, I don't think what you said makes sense at all.  
\_\_\_\_\_, I don't think what you said makes sense at all.

Day 5 A Few Tips to Reading

体裁: 说明文

词数: 206

建议用时: 6 分钟

语篇解读

本文主要介绍了阅读小说时的几条建议。文章内容反映了“人与自我”这一主题, 语境话题为“乐于学习, 善于学习, 终身学习”; 语篇体现了学习能力和思维品质等目标, 有助于培养学生的学习能力, 包括学习策略、语言知识、运用能力和自主学习能力等方面。

语法填空 阅读下面短文, 在空白处填入一个适当的单词或括号内单词的正确形式。

You may like reading novels for fun. But you need to get 1 (organize) if you are reading a novel for school. Here 2 (be) a few tips.

First, pay attention to characters. What do they do in the novel? What do they want? Everything that is about a character can help us to understand him, from his 3 (appear) to the kind of food he eats.

Besides, the order of the story and the plot are 4 (equal) important. Make sure that as you read, you

make 5 quick note of what happens in each chapter. This will help you bring the things you have noticed about the character, setting, language and so on together. It's also a huge help for you to retell the story after you have read it.

Next, themes. They are ideas that a novel explores. 6 is a must to get the hang of the theme if you want to fully appreciate the novel. Perhaps love is a major theme, or justice, or 7 (survive).

What's more, novels are made up 8 language. Writers use language in a special way 9 (make) their novels work. They may use metaphors, invent symbols, or show different characters' 10 (personality) through their speech styles.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_  
6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_ 9. \_\_\_\_\_ 10. \_\_\_\_\_

### 阅读词汇帮

课标外词汇	setting <i>n.</i> 环境,背景	justice <i>n.</i> 公平,正义	metaphor <i>n.</i> 象征,隐喻
课标内词汇	novel <i>n.</i> (长篇)小说	tip <i>n.</i> 提示,建议	character <i>n.</i> 人物,角色
	order <i>n.</i> 顺序	plot <i>n.</i> 情节	chapter <i>n.</i> 章
	retell <i>v.</i> 复述	theme <i>n.</i> 主题	explore <i>v.</i> 探究
	must <i>n.</i> 必要的事物	appreciate <i>v.</i> 欣赏	major <i>adj.</i> 主要的,重要的
	symbol <i>n.</i> 符号,象征	speech <i>n.</i> 演讲	

### 好句惠存

- You may like reading novels for fun.  
可能你读小说是为了娱乐。
- It is a must to get the hang of the theme if you want to fully appreciate the novel.  
如果你想充分欣赏这部小说,就必须抓住主题。

### 译译对应 (请用文章中词汇的恰当形式填空,每空一词。)

- 各大洲的人都踢足球,一些人为了消遣,一些人为了生存。  
People on all continents play soccer—some \_\_\_\_\_ and some for a living.
- 戴夫记下了她的地址。  
Dave \_\_\_\_\_ her address.

### 异曲同工 (请用文章中的词汇改写下列句子,使两句意思相同,每空一词。)

- This book consists of twelve separate short stories.  
This book \_\_\_\_\_ twelve separate short stories.
- Bicycling is good exercise; besides, it does not pollute the air.  
Bicycling is good exercise; \_\_\_\_\_, it does not pollute the air.

## Fun Weekend

## The Road to Success

体裁: 记叙文

词数: 411

建议用时: 10 分钟

One day when I was 12, my mother gave me an order: I was to walk to the public library, and borrow at least