**阅读专项练习4**

(A)

|  |
| --- |
| The Puffing Billy Railway, located about 40km east of Melbourne, was constructed in the early 1900s to open up remote areas. The present line between Belgrave and Gembrook travels through the forests and farmlands of the magnificent Dandenong Ranges. Today, this non-profit Railway operates almost daily thanks to the tireless efforts of more than 900 dedicated volunteers. |
| **General Information:**   * People with disabilities – can be accommodated on most excursion trains, including a limited number of wheelchairs. Please phone to check availability.   Easy access toilets are at Belgrave, Lakeside and Gembrook.   * Refreshments and souvenirs – are available at most stations. * Railway Tracks – standing and walking on the tracks is not permitted. * *Prams* (婴儿车) – only folding or narrow type prams can be accommodated through the narrow carriage doors. * Smoking – is not permitted on the train or under any roofed areas. * Assistance Dogs certified by a registered authority – are the only dogs allowed on the train and must be kept on lead at all times. * Alcohol – is not permitted on trains (except as provided in dining cars). * Toilets – are located at each station. Parenting rooms are located at Belgrave, Lakeside & Gembrook. * Photographs and videos – for personal use are permitted. Wedding photography and any use, re-use or reproduction for commercial purposes is prohibited without prior written permission. |
| **Conditions:**   * *Concession fares* (优惠票价) are available to Australian bearers of Health Care, Student, Seniors, Companion or Pensioner cards. (Exclude evening dining and events). Your signature may be required on day of travel for verification purposes. * Children under 4 years, not occupying a seat, are carried FREE on excursion trains only, excluding special events and dining trains. * Discounts are available for pre-booked group travel (20 or more) on a return journey, except on Sundays, public holidays and school holidays. * All trains are steam-driven unless a *diesel locomotive* (柴油机车) is required in exceptional circumstances. * First Class Travel return journeys are on appointed trains only. |

56. The above information is mainly intended for \_\_\_\_\_.

A. international tourists in Australia B. potential travellers of the steam trains

C. local residents in Dandenong Ranges D. volunteers on the Puffing Billy Railway

57. People are not permitted to bring \_\_\_\_\_ onto the excursion trains.

A. prams B. guide dogs C. wheelchairs D. alcohol

58. What can be learned from the above information?

A. Taking photos is forbidden on most excursion trains.

B. Toilets for the disabled are not available at all stations.

C. Foreign visitors to Australia can also get concession fare.

D. One can get tickets at a lower price as long as he books in advance.

**(B)**

In December 2008, Caroline Kennedy — daughter of the late U.S. President John F. Kennedy—sat down, as a frontrunner for the Senate seat in New York, for a televised interview that helped decide the future of her campaign. The result was a disaster.

Her performance wasn’t well received, in part because her speech was full of filler words—“ums,” “ahs” and “you knows.” One listener counted 27 “ums” and 38 “you knows” in the space of five minutes. A few weeks after the interview, Kennedy ended her Senate campaign.

Filler words may seem natural in everyday speech, but they can be deadly in formal presentations. “Using excessive fillers is the most annoying speech habit,” said Susan Ward, a speech specialist. “They take your listener’s attention away often to the point that he doesn’t hear anything you say. Your message is entirely lost.”

Many speakers are afraid of pause. They believe their audience will think they are inarticulate（不善于表达）if they pause to think of what to say next, so they use filler words to avoid the silence. However, a pause is actually more impressive than a filler word. Listeners know that the speaker is thinking, trying to find the right word. Sometimes a pause can actually improve a speech, as when an actor uses a dramatic pause to hold the attention of his audience. A speaker shouldn’t be afraid to pause occasionally during a speech; it shows self-confidence.

It takes some work to cut out filler words. You can begin by taking a few seconds to think about what you want to say the next time you are asked a question. This pause will help you begin powerfully, and it will help you avoid using a filler word.

The same public speaking technique applies when you are shifting from one idea to another. While you may be tempted to fill the silence between ideas with a filler word, remember to allow yourself to pause and think about what you want to say next.

If you need help overcoming your “um” problem, consider asking a family member or a friend to point out when you use filler words. You also could record an upcoming presentation and then watch yourself in action. You may be amazed at how often you say “um” or “uh”!

Although we live in a fast-paced society that seemingly demands instant answers, we must use the pause to our advantage. Finally, we should only speak when we are ready.

|  |  |  |
| --- | --- | --- |
| 59. | In the first two paragraphs of the article the writer intends to \_\_\_\_\_\_. | |
|  | A. introduce Caroline Kennedy to readers | |
|  | B. illustrate how deadly filler words can be in the public speech | |
|  | C. explain what filler words are | |
|  | D. remind readers that they should count filler words used in public speeches | |
| 60. | The reason why filler words are considered annoying by speech specialist is that \_\_\_\_\_\_. | |
|  | A. they prevent the listener from focusing on what the speaker is saying. | |
|  | B. they convey the speaker’s superiority to the listener. | |
|  | C. they mean the speaker is not articulate at all. | |
|  | D. they make the speaker appear self-confident. | |
| 61. | When used properly, pauses in speeches can actually \_\_\_\_\_\_. | |
|  | A. give the speaker more credibility | B. hold the attention of the audience |
|  | C. show the speaker’s deep insight | D. help the audience relax |
| 62. | Which of the following is ***NOT*** suggested as a way to get rid of filler words? | |
|  | A. To have mental training in order to think faster. | |
|  | B. To ask someone else to point out when you use filler words. | |
|  | C. To watch a recording of your own speech. | |
|  | D. To practice thinking for a moment before answering a question. | |

**(C)**

A child’s nap often provides a much-needed rest for parents too, time for an uninterrupted phone call, or a rest on the sofa. And naps have to be a good thing for preschoolers, surely, since they need to take a rest and get enough sleep for their brains to develop. Short naps have also been shown to be good for adults—improving alertness and reaction times.

So it feels counterintuitive for a review of 26 studies to conclude that napping in children over two years of age may not be a good idea after all. The review says that after two years of age, napping is associated with going to sleep later at night, poorer quality sleep and waking earlier. So should we discourage naps in preschool children—even if they really seem to need one?

Although the review talks about the effects of napping on two-year-olds, most of the evidence in the review actually comes from studies on three-year-olds. Also, the authors of the review article are clear that the research on children’s naps is of poor quality: some studies rely on parents remembering how much their children slept, or are for very short periods.

A study published in the Journal of Attention Disorders in February suffers from some methodological shortcomings (for instance small numbers—only 28 children between the ages of three and four, and only for five days), but is at least a *randomized* (任意的) controlled trial, using *actigraphs* (活动记录仪) worn on the wrist to objectively measure sleep. It found that children who missed their naps slept better at night and scored higher in studies of memory and attention.

Dr. Mark Mahone, one of the authors, says that sleep at night may be of a better quality than during daytime napping. Having a sound sleep at night, he says, provides a greater proportion of the slow-wave, restorative sleep that promotes brain development and reinforces what has been learned the day before. The study also found kids who went without naps didn’t sleep more at weekends.

I could never get my children to nap, but for parents who can, there is no reason to stop. Mahone says that more research is needed before anyone starts making recommendations, and children’s sleep requirements are known to be variable.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 63. | The word “counterintuitive” in Para. 2 most probably means \_\_\_\_\_\_\_\_\_\_. | | | |
|  | A. difficult | B. unreasonable | C. revolutionary | D. meaningless |
| 64. | What does the author think of the study published in *Attention Disorders*? | | | |
|  | A. Its objects are too young to take the test. | | | |
|  | B. Its findings are reliable due to the actigraphs. | | | |
|  | C. It has enough objects to produce the results. | | | |
|  | D. It provides various ways to help adults to take naps. | | | |
| 65. | According to Dr. Mark Mahone, a better-quality night sleep will result in \_\_\_\_\_\_\_\_\_\_. | | | |
|  | A. frequent rests on the sofa | | B. higher efficiency of learning | |
|  | C. more serious attention disorder | | D. fewer daytime naps at weekends | |
| 66. | The author talks mainly about his or her \_\_\_\_\_\_\_\_\_\_. | | | |
|  | A. opinions on whether children need naps | | | |
|  | B. various systemic studies on children’s naps | | | |
|  | C. comments on some studies on children’s naps | | | |
|  |  | | | |

**(D)**

|  |
| --- |
| 1. They have to point out someone to monitor them and ensure they reach the goal or donate the money. 2. Despite our best intentions, we often fail to meet our goals. 3. Rituals are series of steps we take while attaching some kind of symbolic meaning. 4. In the past, my colleagues and I have found that rituals reduce anxiety before stressful tasks, and improve performance.   E. They also need to state what will happen to the money if they don’t stick to their commitments (e.g., it’ll go to a friend or to a charity they do not like).  F. For instance, research has found that people persist for longer on tasks that require self-  control when they know they’ll be paid for their efforts, or when they are told that their work  will benefit others. |

Many of our most worrying problems, from overeating to not saving enough for retirement to not working out enough have something in common: lack of self-control. Self-control is what gives us the capacity to say no to choices that are immediately satisfying but costly in the long term—that a piece of chocolate cake (instead of an apple), that afternoon in front of the couch (instead of a visit to the gym). \_\_\_\_\_\_\_\_\_67\_\_\_\_\_\_\_\_\_\_\_

The problem of self-control has puzzled psychologists and behavioral scientists for decades. A great deal of research has identified situations in which self-control failures are likely to happen and tools to help people exercise better control. \_\_\_\_\_\_\_\_\_\_68\_\_\_\_\_\_\_\_\_\_ These motivating incentives can increase our self-control, at least up to a point.

Entrepreneurs have also become interested in self-control, as is evident from the many diet and exercise apps and gadgets on the market. To take one notable example, on the commitment contract website stickK.com, users put down some money (say, $200) and state a goal they want to achieve. \_\_\_\_\_\_\_\_\_\_69\_\_\_\_\_\_\_\_\_\_ If they meet their goal, they earn their money back. If they don’t, they lose the money.

Tools like stickK.com can be effective, but they are often difficult to implement. New research my colleagues and I conducted pointed to a different solution that may be easier to carry out: using rituals.

\_\_\_\_\_\_\_\_\_\_70\_\_\_\_\_\_\_\_\_\_ Players in all sorts of sports have rituals that involve actions such as eating the same foods in exactly the same order before a game. From the way some prepare their coffee to the way people celebrate important life events, like weddings or graduations, rituals are a part of our daily life. And though they may seem useless, or even silly, research has found that rituals are powerful.