

Date. 3/30

Practice 6.

1. spectator

观众

2. expand ~~mem.~~ memory capacity

记忆力扩容

3. synthesize

合成

4. revise

修正

5. Mediterranean

地中海地区的

6. compensation

补偿

7. on the road

进行中

= on going

8. so far

目前

9. recession

大萧条

10. on track to do

走上正轨

11. rebound

反弹

12. concept

概念

Date.

13. ~~from~~ hearing decline with age

随着年龄听力下降

14. pick up speech

提取语言

15. contents

内容

16. syllables

音节

17. sharpening hearing

敏锐的听力

18. brainstem

脑干

19. decode

解码

20. be ranked as

排列为

21. passed lived with a disability

忍受疾病的时间

22. come up with

想到

23. associate with

与...有联系

24. priority

优先级

25. competent

能干的

sometimes get when you're studying for a big test. If you feel 7 _____, you can practise some relaxation techniques. Do breathing exercise, listen to music, write in a journal, play with a pet, go for a walk or a bike ride, or do whatever helps 8 _____.

• Grammar in Use

Infinitives 2— used as subjects and predicatives

I. Read the sentences and answer the questions below.

- (To have a balanced life) is the best way to keep stress away.
- It is still necessary (to share) your feelings with others.
- Your heart seems (to stop) knees become weak, and you begin to sweat.
- What they did (was) (to collect data) and analyse the problem.

- Which infinitive clause in the above sentences is a subject? And which is a predicative?
- What is the function of "it" in Sentence B? *subject*

Grammar Highlights

Infinitives as Subjects

- In everyday speech, it is common to use **it** as the formal subject and the **to**-infinitive clause at the end of the sentence for balance.
e.g. *It is important to be honest with yourself at all times.*
- In dictionary definitions, quotes and poetic speech, the **to**-infinitive is usually placed at the beginning of a sentence.
e.g. *To know what it is that you know, and to know what it is that you do not know — that is understanding.* — Confucius

Infinitives as Predicatives

- The infinitive follows a linking verb to describe, identify or rename the subject.
e.g. *What is essential is to stick to a healthy diet.*
Our top priority is to ensure the safety and well-being of our employees.

An infinitive clause has a meaning that is more hypothetical than that of the **-ing** clause. It is commonly used to report intentions, desires, efforts and perceptions.

Compare:

The best way to predict the future is **to create it**.
My favorite pastime is **reading books**.



II. Make sentences with the same meaning by using **it** + infinitive. The first one has been done for you.

- Playing tennis is fun. → *It is fun to play tennis.*
- Doing physical exercise is important. → *It's important to do exercises.*
- Learning about other cultures is interesting. → *It's interesting to learn about other cultures.*
- Visiting museums is educational. → *It's educational to visit museums.*
- Going fishing with your friends is relaxing. → *It's relaxing to go fishing with your friends.*
- Making new friends takes time. → *It takes time to make new friends.*

III. Choose the appropriate form to complete the sentences.

- _____ (To eat, Eating) too much sugar is not healthy.
- John's plan is _____ (to do, doing) some volunteer work next weekend.
- _____ (To read, Reading) books took up much of my leisure time.
- Part of the problem is not _____ (to know, knowing) proper ways to reduce stress.
- The mission of the institution is _____ (to improve, improving) the well-being of the people in distress.
- Their goal is _____ (to help, helping) those in trouble to develop a healthy mindset.

IV. Fill in the blanks with the appropriate forms of the verbs given in brackets.

Art therapy is one of the oldest effective forms of self care and healing, and it helps to develop personal awareness. It can also be used 1 *to* (treat) issues and illnesses such as anxiety, depression and stress disorder.

Art therapy is suitable for those who are interested in 2 *to* (express) themselves through art. It can be difficult 3 *to* (open) up to a complete stranger about one's deepest and darkest emotions. In art therapy, words are not always necessary. A simple act of a scribble on paper can be a release for a depressing thought and bring light to darkness.

We offer a wide variety of art therapy courses, including Chinese calligraphy and Chinese brush painting. It is our purpose 4 *to* (help) people engage the creative self in 5 *to* (build) mind and body health and wellness. The main objectives of our courses are 6 *to* (connect) individuals through art and creativity, 7 *to* (enhance) personality, and 8 *to* (develop) team building and interpersonal bonding.

