

1.

You've heard it repeatedly: Make sure you drink at least eight glasses of water per day. The key words are "at least", because, unless you are a child, you need more water than that. The rule is, for every 50 pounds of body weight you carry, drink one quart of bottled or filtered (过滤的) water per day. The average person weighs 150 pounds, so they should drink three quarts per day. A 200 pounds person should drink a full gallon per day. Athletes should drink even more than that. Follow these and you've adopted one of the most important health habits.

Our bodies are mostly water, and water is essential to our every function. Drink the appropriate amount, and everything is much more likely to function at the best levels. If you don't drink enough water, over the short term you will experience tiredness, dry skin, headaches and constipation (便秘); over the longer term, every body function will degrade more quickly. It really is as simple as that.

Things get a bit more complicated in what type of water to drink. Bottled water and filtered water are both good options. Do not drink tap water or distilled water (蒸馏水). Bottled water should be bottled in clear glass containers, not the plastic containers that transfer far too many chemicals into the water. Filtered water can be obtained through low-cost filters.

Tap water should be avoided because it contains chlorine (氯) and may contain fluoride (氟化物), which is poisonous and can have terrible consequences for the body. Distilled water should also be avoided because it can burn up your body of necessary minerals. It has been tied to hair loss, which is often associated with certain mineral lack.

Finally, drink water at room temperature if possible, as ice-cold water can harm your stomach.

21. What's the meaning of the underlined word "degrade"?

- A. Improve. B. Reduce.. C. Strengthen D. Recover.

22. What kinds of water are proper for drinking?

- A. Tap water and bottled water. B. Tap water and distilled water.
C. Bottled water and filtered water. D. Distilled water and filtered water.

23. What's the main reason that distilled water isn't recommended to drink?

- A. It leads the body to lack certain minerals. B. It isn't clean enough to drink.
C. It contains too many chemicals. D. It contains fluoride.

24. Which of the following statements is NOT true according to the passage?

- A. It is harmful to drink plenty of icy water.
B. One may feel tired due to lack of water for a short time.
C. The water with chlorine is not suitable to drink.
D. The water in plastic containers is safe to drink.

2.

"Dutch" expressions heard in American English were first used in the 17th century. That was a time of fierce competition between England and Holland. At that time, the British used "Dutch" as a word for something bad, or false.

A Dutch agreement was one made between men who had drunk too much alcohol. Dutch leave was what a soldier took when he left his base without permission.

Some of these old expressions are still used today with a little different meaning. Long ago, a Dutch treat or to go Dutch was a dinner at which the invited guests were expected to pay for their own share of food and drink. Now, Dutch treat means that when friends go out to have fun, each person pays his own share.

Another common expression heard a few years ago was "In Dutch". If someone told you that you were in Dutch, they meant that you were in trouble.

Some of the Dutch expressions heard in American English have nothing to do with the Dutch people at all. In the seventeen hundreds, Germans who moved to the United States often were called Dutch. During the American Civil War, supporters of the northern side in the central state of Missouri were called Dutch, because many of them were German settlers. President Theodore Roosevelt once noted that anything foreign and non-English was called Dutch.

25. If one of your friends collects 60 yuan from you to go to have a meal together, you can use

"_____".

- A. Go Dutch B. A Dutch C. In Dutch D. Dutch leave

26. Why does the word "Dutch" often have a negative (not good) meaning in English?

- A. Because in the 17th century, the Dutch were timid (胆小的)
B. Because in the 17th century, the Dutch often drank a lot of alcohol.
C. Because in the 17th century, the Dutch often fought with the British.