

1.

Crossing your legs is an extremely common habit; most people don't even notice that they're doing it when they sit down. While you may find it comfortable to sit with one knee crossed over the other, it might be causing health problems that you are not aware of.

A study published in Blood Pressure Monitoring stated that sitting with your legs crossed can increase your blood pressure. The reason this happens is because the blood in your legs has to work against gravity to be pumped back to your heart, crossing one leg over the other increases resistance, making it even harder for the blood to circulate. This causes your body to increase your blood pressure to push the blood back to the heart. You won't feel any immediate effects, but if you sit for long periods of time it's important that you take note of how long you have your legs crossed for. You shouldn't have your legs crossed for more than 15 minutes, and it's important that you get up and walk around at least once every hour.

Crossing your legs can also lead to neck and back pain. Ideally, it's best for our bodies to sit with our feet planted flat, hip width apart, on the floor, but it's not easy to maintain perfect posture all day at the office.

You also might notice that when you sit with your legs crossed for long periods of time your feet and legs get tingly or have the feeling of being asleep. While the feeling of discomfort may only last a minute or two, repeatedly crossing your legs until they feel numb can cause permanent nerve damage.

So next time you sit down, try to get yourself in the habit of sitting with both of your feet on the floor. Not only will it help your posture and stability, but it will also save your health in the long run.

21. Crossing legs affect your blood pressure because\_\_\_\_\_.

- A. it causes your body to push the blood back to the heart.
- B. you can't feel any immediate effects.
- C. you don't have enough time to walk around.
- D. it is harder for the blood to circulate.

22. To solve the problems caused by crossing legs, you'd better\_\_\_\_\_.

- A. sit with your feet planted flat on the floor for hours.
- B. pay attention to how long you have your legs crossed for.
- C. keep your sitting posture and stability permanently.
- D. try to be aware of whether you are comfortable or not.

23. Which word can't describe the feeling when you cross your legs for a long time?

- A. nervous
- B. tired
- C. numb
- D. painful

2.

In the 1500's when the Spanish moved into what later was to become the southwestern United States, they came across the ancestors of the modern-day Pueblo, Hopi, and Zuni peoples. These ancestors, known variously as the basket makers, the Anasazi, or the Ancient ones, had lived in the area for at least 2,000 years. They were an advanced agricultural people who used irrigation to help grow their crops.

The Anasazi lived in houses constructed of adobe (土砖) and wood. Anasazi houses were originally built in holes and were entered from the roof. But around the year 700 A.D., the Anasazi began to build their homes above ground and join them together into groups of multistoried large buildings, which the Spanish called pueblos or villages. Separate rooms under the ground in these pueblos – known as kivas – were set aside for religious ceremonies. Each kiva had a hole that was believed to lead to the underworld. The largest pueblos had five stories and more than 800 rooms.

The Anasazi family was matrilinear (母系遗传). The holy objects of the family were under the control of the oldest female, but the actual ceremonies were conducted by her brother, or son. Women owned the rooms in the pueblo and the crops, once they were harvested. While still growing, crops belonged to the men, who, in contrast to most other Native American groups, planted them. The women made baskets and pottery; the men made cloth and jewelry.

Each village had two chiefs. The village chief dealt with land disputes (争议) and religious affairs. The war chief led the men in fighting during occasional conflicts that broke out with neighboring villages and directed the men in community building projects. The solid political and social organization of the Anasazi made it almost impossible for other groups to conquer them.

24. What do we know about the Anasazi people?

- A. They were immigrants from Spain.
- B. They were good at growing crops.
- C. They stored their crops in caves.
- D. They had battles against the Spanish.

25. What does the underlined word "they"(Paragraph 3) refer to?

- A. Women.
- B. Pueblos.
- C. Crops.
- D. Rooms.

26. What can be concluded from the text?

- A. The Anasazi benefited from trade with the Spanish.
- B. The division of labor in Anasazi society was clear.