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There are many superstitions(迷信) in Britain, but one of the most widelyheld is that it is unlucky to walk under a ladder—even if it means stepping off the pavement into a busy street!

①Walking under a ladder

If you must walk under a ladder you can avoid bad luck by crossing your fingers and keeping them crossed until you've seen a dog. Alternatively, you must lick your finger and make a cross on the toe of your shoe, and not look again at the shoe until the mark has dried.

②Umbrella

Another common superstition is that it is unlucky to open an umbrella in the house—it will either bring misfortune to the person that opened it or to the household. The superstition could date from the old time when its purpose was to act as a sunshade. If opened indoors, it might be considered to be an attack on the sun. Anyone opening an umbrella indoors in fine weather is unpopular, as it inevitably brings rain!

③Number 13

The number 13 is said to be unlucky for some, and when the 13th day of the month falls on a Friday, anyone wishing to avoid an inauspicious event had better stay indoors.

④Seven years bad luck

The worst misfortune that can befall you is caused by breaking a mirror, as it brings seven years of bad luck! The superstition is supposed to have originated in ancient times, when mirrors were considered to be tools of the gods.

⑤Black cat

In the UK, black cats are generally considered lucky in the UK, even though they are connected with witchcraft(巫术): You are said to be lucky if a black cat crosses your path.

1. Which experience is considered to be lucky according to the passage?

- A. walking under a ladder
- B. opening an umbrella in the house
- C. breaking a mirror
- D. a black cat crossing your path

2. Which of the followings is RIGHT in UK according to the passage?

- A. Opening an umbrella in the rain is not acceptable or unpopular.
- B. Black cats are generally considered unlucky because they have something with witchcraft.
- C. Bad luck brought by walking under a ladder cannot be avoided using certain ways.
- D. If you are to open a clothes store on May 13 in Britain, you had better change the date.

3. Which two superstitions are related to history?

- A. ①② B. ②④ C. ④⑤ D. ③④

4. It can be inferred from the passage that _____.

- A. breaking a mirror will cause bad luck because it shows your disrespect(不敬)for the God
- B. crossing your fingers and keeping them crossed can help avoid bad luck brought by walking under a ladder
- C. number 13 is always unlucky in any situation
- D. opening an umbrella indoors might be considered to be an attack on the sun

2.

Why do Americans struggle with watching their weight, while the French, who consume rich food, continue to stay thin? Now a research by Cornell University suggests how life style and decisions about eating may affect weight. Researchers conclude that the French tend to stop eating when they feel full. However, Americans tend to stop when their plate is empty or their favourite TV show is over.

According to Dr Joseph Mercola, a health expert, the French see eating as an important part of their life style. They enjoy food and therefore spend a fairly long time at the table, while Americans see eating as something to be squeezed between the other daily activities. Mercola believes Americans lose the ability to sense when they are actually full. So they keep eating long after the French would have stopped. In addition, he points out that Americans drive to huge supermarkets to buy canned and frozen foods for the week. The French, instead, tend to shop daily, walking to small shops and farmers' markets where they have a choice of fresh fruits, vegetables, and eggs as well as highquality meats for each meal.

After a visit to the United States, Mireille Guilliano, author of FrenchWomenDon'tGetFat, decided to write about the importance of knowing when to stop rather than