

1.

Four years into my Ph.D. program, my hands started to go numb each night as I slept. I didn't think much of it at the time. Then one night, while sound asleep, I somehow mistook my numb arm for a snake. I threw myself out of bed and woke in a panic. I later discovered that this nighttime event wasn't simply a strange dream. At that time, I was working toward my Ph.D. and training to be a clinical psychologist. There was never enough time to occupy myself fully in my world. The exams constantly worried and even scared me.

Later that year, while discussing a patient's symptoms with a neurologist(神经学家), I realized that my anxiety could be the direct cause of the numbness in my hands. There was a certain irony(讽刺) in that realization. I'd spent years learning about psychological tools for dealing with stress and anxiety. But until then it never occurred to me that I, too, was experiencing an abnormal level of stress and anxiety.

Now, I specialize in helping take a healthier approach to dealing with the pressures of academics. I've seen firsthand how many of them possess inner voices demanding perfection and telling them that the sacrifices are necessary for success.

My message to those I work with is that being overworked and stressed-out is unhealthy. Achievements and health can be both gained. So, when your inner alarm bells send you a warning signal-or when snakes attack in the night-don't hesitate; take action.

【1】What happened to the author?

- A. A snake bit him when he was sleeping.
- B. He frequently had strange dreams at night.
- C. He could do whatever he wanted in a clinic.
- D. Numbness in his arms attacked him due to huge stress.

【2】The author's anxiety comes from

- A. his academic work B. his lack of sleep
- C. his social relationship D. his demand for perfection

【3】What can we learn from the last two paragraphs?

- A. He now realizes academics is of no benefit.
- B. A large number of people are forced to be perfect.
- C. Warning signals mean it's time to stop being over-stressed.
- D. Achievements make it impossible for people to keep healthy.

2.

When our Scottish puppy reached doggie adolescence, she suddenly stopped obeying my commands. Previously, if I called "come," Annie would fly across our yard to my arms. Now, the 8-month-old gave me an aggressive "make me" look and ran the other way.

Our dog trainer advised us to stop complaining. "She's a teenager," she said. Now, a new study is backing that up: Dogs, it says, experience an oversensitive period just like human teenagers. "There is abundant folk knowledge that the behavior of adolescents differs from younger or older dogs," says Barbara Smuts.

Puppies bond with humans much as children do. "But owners often feel like they're failing when their puppies reach adolescence," about 8 months for most dogs, says Lucy Asher. Like teenagers, adolescent dogs can disregard and disobey their owners. Indeed, teenage dogs are the most likely age group to land in U.S. shelters.

To see exactly how adolescence changes dog behavior, Asher and her team monitored 70 female dogs being raised as potential guide dogs. They asked caregivers to score the puppies on separation-related behaviors, like trembling when left behind. Dogs with high scores on this behavior entered adolescence earlier-at about 5 months, compared with 8 months for those with lower scores. Various factors cause human teenage girls with poor parental relationships to also enter adolescence at a younger age. Thus, similar to humans, dogs that have bad relationships with their caregivers see changes in their development.

According to Smuts, adolescent dogs that were stressed by separation from their caregiver also increasingly disobeyed that person, showing the insecurity of human teenagers.

Because of the similarity between adolescent pups and humans, dogs can serve as a model species for studying adolescence in humans, the scientists say. The temporary nature of dogs which disobey the owners may make us worry less when our pups suddenly get minds of their own.

【1】The author's attitude towards his dog's misbehavior can be best described as

- A. tolerant B. delighted C. unsatisfied D. indifferent

【2】The underlined word "disregard" in paragraph 3 probably means?

- A. run after B. pay no attention to C. bark at D. defend against

【3】What can we learn about adolescent dogs from the passage?

- A. Many adolescent dogs like staying in American shelters.
- B. Adolescent dogs will never follow their owners' instructions.
- C. Adolescent dogs are fond of being separated from their caregivers.
- D. Dogs having poor relation with their caregivers enter adolescence earlier.

【4】What's the main idea of the passage?

- A. Both young dogs and teenagers rely on their parents.
- B. Many researches have shown young dogs are aggressive.
- C. Adolescent dogs feel more anxious and frightened than teenagers.
- D. Like human teenagers, dogs get difficult when they reach adolescence.

3.

COVID-19(新冠病毒) is a threat to the very people fighting it-nurses, doctors, and other first responders, who are exposed to infected patients. Now, a team has developed two devices(设备) that could reduce their risks by sucking away infectious bacteria: a helmet to be worn by a patient, and a small tent in which a patient could be protected. The inventors hope they'll reduce the deaths among healthcare workers.

Negative-pressure rooms have been used in hospitals since the 1980s to keep airborne bacteria from spreading. But Nathan Haas says such rooms cost about \$12,000. He and his colleagues wanted to develop a cheaper way to create a negative pressure environment for patients. The new devices could lower the need for negative-pressure rooms, which are rare in many parts of the world, according to Haas.

The helmet can be used when staff transport patients and the tent can protect the upper body of a bed-bound patient wearing a mask, allowing staff to perform several procedures.

"They represent a really simple solution to potentially helping reduce virus spread and increase the safety of healthcare workers, as well as patient safety," says Ben Bassin.

When the researchers tested their devices with a healthy volunteer, they saw 97% to 99% fewer bacteria outside the devices than inside. They also tested the devices' ease of