

1.

Last year, I went on a vacation in Italy. After climbing up a hill for a panoramic (全景的) view of the blue sea, white buildings and green olive trees, I paused to catch my breath and then positioned myself to take the best photo of this panorama.

Unfortunately, just as I took out my camera, a woman approached from behind, and planted herself right in front of my view. Like me, this woman was here to stop, sigh and appreciate the view.

Patient as I was, after about 15 minutes, I grew depressed. Was it too much to ask her to move so I could take just one picture of the landscape? Sure, I could have asked her, but something prevented me from doing so. She seemed so content in her observation. I didn't want to mess with that.

Another 15 minutes passed and I grew bored. The woman was still there. I decided to take the photo anyway.

Now when I look at the photo, I think her presence in the photo is what makes the image interesting. The landscape, beautiful on its own, somehow comes to life and breathes because this woman is engaging (融入) with it.

This photo, with the unique beauty that unfolded before me and that woman who "ruined" it, now hangs on a wall in my bedroom. What would she think if she knew that her figure is captured (拍摄) and frozen on some stranger's bedroom wall? A bedroom, after all, is a very private space, in which some woman I don't even know has been immortalized (永存). In some ways, she lives in my house.

Perhaps we all live in each other's spaces. Perhaps this is what photos are for: to remind us that we all appreciate beauty, that we all share a common desire for pleasure, for connection, for something that is greater than us.

That photo is a reminder, a captured moment, an unspoken conversation between two women, separated only by a thin square of glass.

【1】What happened when the author was about to take a photo?

- A.A woman said "Hello" to him. B.Someone asked her to leave.
C.A woman blocked her view. D.Her camera stopped working.

【2】What was the woman probably doing according to the text?

- A.thinking about her past B.enjoying herself
C.losing her patience D.waiting for the sunset

【3】In the author's opinion, what makes the photo so alive?

- A.The woman's existence in the photo. B.The rich color of the landscape.
C.The soft sunlight that summer day. D.The perfect positioning of the camera.

2.

Your morning can determine the rest of your workday. It's no wonder that so many successful business people keep strict morning habits. If you want to do your work best and be a more productive person, try to follow these four common morning habits.

Wake up early

Successful business people wake up early. Early risers have many advantages. Compared with people who stay up late at night, they tend to delay less. They are also less stressed because, instead of rushing out the door, they take time for themselves and prepare for their day.

Get moving

Successful business people attach importance to their health. After all, a healthy body and mind go together. Morning exercise appears to be best for reducing stress by lowering blood pressure. It also helps you burn more fat throughout the day and lose weight.

Recharge your motivation

Successful business people understand that motivation doesn't last forever and needs to be constantly recharged (充电). Reading encouraging sayings is a good way.

Thinking about where you are and where you want to go can help you focus on your larger goals.

Eat your frog

Mark Twain once said, "Eat a live frog first thing in the morning, and nothing worse will happen to you the rest of the day." In other words, handle your day's hardest job early when your mental energy is at its highest. Choose only one "frog" of the day and complete it before your normal workday begins.

【1】According to the text, what can morning exercise do?

- A.Increase weight. B.Increase blood pressure.
C.Reduce delays. D.Reduce stress.

【2】What does the underlined word "frog" in the last paragraph refer to?

- A.A live animal. B.A life goal.
C.A hard job. D.A normal weekday.

【3】What is the main topic of the text?

- A.Morning habits. B.Business advantages.
C.Healthy diets. D.Office tips.

3.

Clara Daly was seated on the flight to Beijing when an air hostess spoke over the loudspeaker: "Does anyone on board know sign language?"

Clara, 15, pressed the call button. The air hostess came by and explained the situation. A passenger, who was blind and deaf, seemed to want something, but he was traveling alone and the air hostesses couldn't understand what he needed.

Clara had been studying sign language for the past year and knew she'd be able to finger spell into the man's palm (手掌). So she walked toward the front of the plane, and knelt by the seat of Tim Cook. Gently taking his hand, she signed, "How are you? Are you OK?" Cook asked for some water. When it arrived, Clara returned to her seat. She came by again a bit later because he wanted to know the time. On her third visit, she stopped and stayed for a while.

"He doesn't need anything. He is lonely and wanted to talk," Clara said. So for the next hour, that was what they did. She talked about her family and her plans for the future. Even though Cook couldn't see her, Clara looked attentively at his face with kindness. Cook told Clara how he had gradually become blind over time and shared stories of his days as a traveling salesman. He said he was very excited to have someone he could speak to and that it was the best trip he'd ever had.

All the passengers on the board said that Clara was an angel.

【1】What happened on the flight to Beijing?

- A.The air hostess became blind. B.A passenger suddenly got sick.
C.A disabled person needed help. D.Clara spoke over the loudspeaker.

【2】Why did Tim Cook keep asking for service?

- A.Because he was hungry and thirsty. B.Because he needed someone to talk to.
C.Because he was afraid of taking planes. D.Because he was interested in Clara's story.