

1.

Monthly Talks at London Canal Museum

Our monthly talks start at 19:30 on the first Thursday of each month except August. Admission is at normal charges and you don't need to book. They end around 21:00.

November 7th

The Canal Pioneers, by Chris Lewis. James Brindley is recognized as one of the leading early canal(运河) engineers. He was also a major player in training others in the art of canal planning and building. Chris Lewis will explain how Brindley made such a positive contribution to the education of that group of early "civil engineers".

December 5th

Ice for the Metropolis, by Malcolm Tucker. Well before the arrival of freezers, there was a demand for ice for food preservation and catering(保存和供应), Malcolm will explain the history of importing(进口) natural ice and the technology of building ice wells, and how London's ice trade grew.

February 6th

An Update on the Cotswold Canals, by Liz Payne. The Stroudwater Canal is moving towards reopening. The Thames and Severn Canal will take a little longer. We will have a report on the present state of play.

March 6th

Eyots and Aits-Thames Islands, by Miranda Vickers. The Thames has many islands. Miranda has undertaken a review of all of them. She will tell us about those of greatest interest.

Online bookings: www.canalmuseum.org.uk/book

More info: www.canalmuseum.org.uk/whatson

London Canal Museum

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www.canalmuseum.org.uk www.canalmuseum.mobi

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1. When is the talk on James Brindley?

A. February 6th. B. November 7th.

C. March 6th. D. December 5th.

2. What is the topic of the talk in February?

A. An Update on the Cotswold Canals. B. Ice for the Metropolis.

C. Eyots and Aits-Thames Islands. D. The Canal Pioneers....

3. Who will give the talk on the islands in the Thames.

A. Liz Payne. B. Malcolm Tucker.

C. Chris Lewis. D. Miranda Vickers.

2.

Forgiving(原谅) someone who has hurt you or let you down is never an easy thing. Several new studies, however, say that it could have a lot of health benefits. When you think of forgiveness, you probably don't think of it as being a health or medical problem. Studies from Stanford University, on the other hand, show that something like anger(愤怒) can change your well-being.

When cartoon book characters like the Incredible Hulk get angry, they change colors and often gain special power. In the real world, anger is less obvious and may be more dangerous. That's why Professor Fred Luskin, founder of the Stanford Forgiveness Project and author of *Forgive for Good*, says holding on to anger and hatred(仇恨) can harm your physical and mental health. Two new studies seem to show the same idea. The studies find that people who are able to forgive feel less stress, less back pain, and less unhappiness. They also have fewer headaches, lower blood pressure and fewer problems on sleeping.

So it doesn't matter if your anger is caused by the traffic or other things. Learning to let it go is important. Skills such as deep breath or thought can help. Or just ask yourself if it's worth hurting yourself by staying angry with someone else.

Forgiveness doesn't mean that you simply accept what happened and say it's OK. Instead, it's a way of making peace with yourself about what happened in the past.

4. The author of the passage tries to make his opinion clear _____.

A. by showing his own examples B. based on his own experience.

C. by using some studies. D. by introducing some patients.

5. The example of the cartoon book characters in the passage is taken to _____.