

1.

Here are some professions Americans consider to be the most honest. Maybe the rest of us can learn from what these people do to establish good relationships with others.

MEDICAL DOCTORS

Jack Jacob, Age: 44, Fountain Valley, California

I try to introduce myself in a pleasant way. I sit down. I don't stand. I make good eye contact with the patient and his or her family. Communication skills are key, as well as showing understanding and availability. For a physician, the most rewarding thing is when someone who has seen your work chooses you.

ENGINEERS

Chrissy Keane, Age: 41, Crofton, Maryland

I don't know that being an engineer means you are automatically trustworthy. However, I do think that most engineers like to follow rules and be organized. They tell you what they think, whether you want to hear it or not. Those are important elements in building trust.

POLICE OFFICERS

G.M.Cox, Age: 64, Fort Worth, Texas

As a police officer, I have the best interests of the people I serve in my heart and in my actions and I'm going to treat everyone the same way. I always want to go up to people and speak to them with respect. Don't talk down to them. You have to establish and maintain that trust. Be equal!

【1】What does Jack Jacob think important to do his job?

- A. Being communicative. B. Experience.
C. Self-introduction. D. Being open-minded.

【2】How does G.M.Cox treat people in his job?

- A. Actively B. Equally
C. Cautiously D. Strictly

【3】What do the three people mentioned in the passage have in common?

- A. They follow rules. B. They are warm-hearted.
C. They deserve trust. D. They are good organizers.

2.

The secret to living longer could be as simple as picking up your walking pace, according to a new study. Researchers from the University of Sydney found that walking at a brisk(快的) or fast pace was associated with a risk reduction of 24 percent for any cause of death.

This effect was even more obvious in older age group, with fast walkers over the age of 60 reducing their risk of death by a surprising 53 percent. Professor Emmanuel Stamatakis, who led the study, explained, "A fast pace is generally five to six kilometers per hour, but it really depends on a walker's fitness levels; an alternatives indicator is to walk at a pace that makes you slightly out of breath or sweaty."

In the study, the researchers looked at the results of 11 surveys from 1994 to 2008, in which participants recorded their walking pace, as well as age, sex and BMI. The analysis showed that walking at an average pace was associated with a 20 percent risk reduction for all-cause mortality(死亡率) compared with walking at a slow pace, while walking at a brisk or fast pace was associated with a risk reduction of 24 percent.

The researchers hope the findings will encourage the development of public health message about the benefits of walking pace. Professor Stamatakis added, "These analyses suggest that increasing walking pace may be a straightforward way for people to improve heart health and risk for premature mortality--- providing a simple message for public health campaigns to promote."

"Especially in situations when walking more isn't possible due to time pressures or a less walking-friendly environment, walking faster may be a good option to get the heart rate up--- one that most people can easily add to their lives."

【1】Who benefit most from walking fast?

- A. Cancer sufferers. B. The elderly.
C. Those who have heart problems. D. Those who have high BMI.

【2】What decides how fast a person can walk according to Professor Stamatakis?

- A. His/Her fitness levels. B. His/Her ages.
C. His/Her will D. His/Her BMI.

【3】Why can walking fast reduce death rate?

- A. Most people like doing it. B. It benefits the heart.
C. It reduces cancer mortality. D. Most people can do it easily.

【4】What is the main idea of the text?

- A. Walking is easy exercise for people to do.
B. Walking has received little attention until now.
C. More and more people are walking fast for health.
D. A fast walking pace can benefit people's health.

3.

Ride-hailing apps and robot cars promise to change how we get around and the effects are already being felt. Traffic in New York is slowing down. Jams are common in Manhattan, especially in its business districts. Daytime traffic in the busiest areas now moves almost 20% more slowly than it did five years ago.

It seems a place ripe for wide use of ride-hailing apps that, you might think, would reduce some of the jams. However, those apps appear to be making things worse as traffic has slowed in line with the growing popularity of apps such as Uber and Lyft, a study by transport expert Bruce Schaller suggests.

Over the four years of the study, the number of cars in Manhattan seeking ride-hailing fares increased by 81%. There are now about 68,000 ride-sharing drivers across New York. That's about five times the number of the yellow cabs licensed to operate there, he found. There are so many drivers, his work suggests, who spend about 45% of their spare time just touring for fares. That is a lot of unused cars blocking a lot of busy streets.

Simple physics explains why ride-sharing vehicles are causing, not curing jams, said Jarrett Walker, a public transport policy expert who has advised hundreds of cities about moving people.

"Lots of people are deciding that, 'Oh, public transport is just too much trouble this morning,' or whenever, which causes a shift from it," he told the BBC. "That means moving people from larger vehicles into smaller ones, which means more vehicles to move the same people. Therefore, more traffic."

Data gathered about ride-sharing drivers illustrates how they contribute to congestion(塞车), said Prof. Christo Wilson, a computer scientist at Northeastern University who has studied the services. "You can look at the traffic pattern for the Uber vehicles and it perfectly matches the peaks for the rush hour and the peak time of a day," he