

MR075-C

Ten minutes of gentle exercise can immediately change how certain parts of the brain communicate and coordinate (协调) with one another and improve memory function, according to an encouraging new study.

The scientists invited 36 people of different ages to the lab and had them sit quietly on a fixed bicycle for 10 minutes or, on a separate visit, pedal the bicycle at a pace so gentle that it barely raised their heart rates. It also was short, lasting for only 10 minutes. Immediately after each session of the sitting or slow pedaling, the people completed a computerized memory test during which they would see a brief picture of, for instance, a tree, followed by a variety of other images and then a new image of either the same tree or a similar one. The people would press buttons to show whether they thought each image was new or the same as an earlier shot. The test is difficult, since many of the images closely resemble one another. It requires rapid, skillful scanning recent memories to decide whether a picture is new or known. Next, the scientists had each person repeat this process—riding or sitting on the bike for 10 minutes and then completing memory testing—but the testing now took place inside an M.R.I. machine (磁共振成像仪) that scanned the people's brains while they responded to the images.

Then the researchers compared results. The effects of the exercise were clear. The people were better at remembering images after they had ridden the bike, especially when the images most closely resembled one another. In other words, the harder their memories had to do their best, the better they performed after the exercise. The M.R.I. scans showed that memory parts of each person's brain lit up at the same time with parts of the brain associated with learning, indicating that these physically separate parts of the brain were better connected now than when the people had not first exercised.

1 Which can replace the underlined word in the second paragraph?

- A. picture
- B. film
- C. remark
- D. scene

2 According to the passage we know that _____.

- A. a ten minutes exercise is the best method of memorizing things.
- B. the brain works better when a person frequently exercises.
- C. exercise can help different parts of the body work together.
- D. memory function can be improved after gentle exercise.

3 The study result will be most beneficial to _____.

- A. a player competing in bicycle riding
- B. a young man crazy about experiments
- C. a student preparing for an examination
- D. a retired man taking exercise in the park

4 Why does the writer write the article?

- A. To urge people to exercise before learning.
- B. To present an inspiring new study result.
- C. To show how an M.R.I. machine works.
- D. To prove the good effects of exercise.

2/ 匹配题

共5小题; 每小题2分, 满分10分

根据短文内容, 从短文后的七个选项中选出正确的填入空白处。选项中有两项为多余选项。

MS075

Many of us choose to live in smaller spaces, especially in big cities, than we'd like owing to the high housing price. ___1___

They're cheaper to decorate. It can take thousands of dollars worth of decoration simply to make a large space look inviting. Small spaces, however, make decorating more simple and affordable.

5 Instead of many pieces of large, expensive furniture, you only need a few to make your style sing. You'll have plenty of money left for other things.

They're easier to clean. ___2___ The bigger the space, the longer it takes to organize and tidy up. No one wants to spend hours just cleaning. That's why small spaces are welcomed by those who like being surrounded by order and cleanliness and don't want to spend a ton of time and energy in
10 keeping them that way.

___3___ It takes a lot to pay for heating, cooling and electricity, which can also cost much energy. When you compare the electricity bill of someone living in 500 square feet with that of someone living in 3,000 square feet, the difference can be great. ___4___ So it also does good to our beloved Mother Nature.

15 They're easier to personalize. Ever have you walked into a large home that feels more like a museum than the small home of someone you know? It's usually not the most familiar or welcoming atmosphere, Actually, you want your home to show your personal style. ___5___

1

A. They are more expensive to live in.

2

B. They're more economical and greener to maintain.

3

C. Living in small homes makes your life more convenient.

4

D. That must be one of your favorite things in such a busy life.

5

E. Less energy is used and less waste is produced in small spaces.

F. It is not that bad, however, considering their advantages.

G. It is much easier to decorate a small home in your own style.

PART 2 / 语法填空

共 10 小题；每小题 1.5 分，满分 15 分
 阅读下面材料，在空白处填入适当的内容（1 个单词或括号内单词的正确形式）。

MF075

Feng Jikai is a well-known professional writer, who has written many novels about life in China.

Several years ago, 1 _____ (expect), he put down his pen for a while and turned to protecting the cultural relics in Tianjin, where he lives.

Feng loves his hometown, 2 _____ (believe) that old things shouldn't all be torn down to give way to new things. Old things must be given a place next to new ones, or people will be likely 3 _____ (forget) their great past soon. To Feng, 4 _____ (dig) down into the earth is like reading page after page of a book. Each dynasty found in the earth is like 5 _____ interesting story. He doesn't attempt to get others to help him in his projects. But 6 _____ others follow him, so much the better. One of his biggest projects was to protect the oldest historic street in Tianjin, where there are many businesses 7 _____ (establish) seven hundred years ago. Another was to persuade the city government to buy some land 8 _____ lies in the centre of the city so it couldn't be sold for businesses.

He and other writers 9 _____ (donate) large amounts of money to helping his projects so far. What he has done leads to a great success, preventing valuable things from suffering losses. Not only is he a famous writer, but also makes great 10 _____ (contribute) to protecting Chinese cultural relics.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

LXP

NOTE