The World (April 16th-30th, 2025)

**1.News Report 1 *Reader’s Digest* (May/June, 2025 P63)**

1)Text Completion

**Write Your Own Nature Prescription**

You don’t need to see your doctor to start experiencing the benefits of being outdoors. Here are some simple tips from our experts on how to incorporate nature into your daily routine:

\* \_\_1\_\_

If your schedule allows, try to get up as the sun rises and wind down as the sun sets.

\* Get early morning sun, preferably by walking outdoors.

\_\_2\_\_ or take the dog out for a quick stroll after breakfast.

\* Spend five to 20 minutes every day in green spaces.

Sip your coffee on the deck instead of on the couch, or take your lunch break under a tree.

\* \_\_3\_\_

This is where the “go touch grass” idea comes in. Walk barefoot to get the mail or kick off your shoes the next time you’re at an outdoor concert. (Just be careful to watch where you’re going so you don’t step on anything painful!)

\* Practice nature mindfulness.

\_\_4\_\_ Instead, watch the clouds, listen to the birds, or simply observe your surroundings.

\* Grow a garden.

And make sure to get your hands dirty: There are healthy microbes in the soil. \_\_5\_\_, even an indoor herb garden can provide mental health benefits.

2)Reading Comprehension

A. Try “grounding” or “earthing.”

B. Remove your shoes at concerts.

C. Match your sleep schedule to the sun.

D. If your access to outdoor space is limited

E. You could go for a walk in a park after work

F. When you’re outdoors, put away your phone.

G. You could park farther away from your work entrance

3)Translation

他去度假时，开始的几天只是放松放松。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

更棒的是，正念能让你以更积极的心态迎接新的一天。

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**2.News Report 2 *The Times* (April 24, 2025 P11 )**

1)Text Completion

When Joel Moore started sharing his weekend walks on Instagram during the pandemic, he never imagined the ripple effect it would have.

“I realised my friends and I were all going out for walks during lockdown, \_\_\_\_\_ separately,” said the 27-year-old civil engineer from Pontefract, West Yorkshire. “We decided to post it online that we were going for walks. We met up ... and then even more people wanted to come along. It snowballed.”

\_\_\_\_\_\_\_ began as a handful of friends heading out for some fresh air together has since evolved into Common Ground, \_\_\_\_ community-led walking group co-founded by Moore in 2022 after he connected with fellow solo hikers. The group now \_\_\_\_\_\_\_\_\_ (regular) attracts between 30 and 100participants for each event. Peak District walks are among the most popular.

“I’ve always enjoyed going outside,” Moore said. “I found it’s good for \_\_\_\_\_\_\_\_ (clear) my head, especially with work and being in the office a lot. It can be quite stressful at times, as well as everyone feeling \_\_\_\_\_\_\_\_ (isolate) and lonely during the lockdowns.

“So then coming out of that, being able to meet up with people, chat to people and have open \_\_\_\_\_\_\_\_\_\_\_ (conversation) — the outdoors facilitates that. I realised that’s why I enjoyed it, because you just open up with people, you take that shield down whenever you’re outside. There’s no prejudice.”

He is not alone. Searches for local walking groups spike in winter, and rose across the board after lockdown.

Eighty-two per cent of people aged 18 to 34 believe going for walks \_\_\_\_ (be) good for their mental health — in an Opinium survey of 2,000 people last month they were more likely to say so \_\_\_\_\_ over-55s. Seventy-three per cent of 18 to 34-year-olds also believe it is easier \_\_\_\_\_\_\_ (talk) about mental health while out in nature, and the same proportion find it helps with loneliness.

2)Reading Comprehension

1. What is the primary driving force behind Joel Moore's creation of Common Ground?

A. To promote physical fitness through challenging mountain hikes.

B. To compete with other social media influencers by documenting scenic walks.

C. To establish a professional network for civil engineers in natural settings.

D. To address the psychological isolation caused by lockdowns through communal outdoor activities.

2. Why do younger adults value walking more than older generations?

A. Younger generations have less access to traditional therapy options.

B. Older adults prioritize physical health benefits over psychological ones.

C. Outdoor activities counteract the effects of technology overuse in youth culture.

D. Natural environments may lower social barriers to discussing mental health struggles.

3)Translation

他的辞职将会在整个部门中引起连锁反应。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

美元猛然升值到三个月来的最高价。

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**3.News Report 3 *BBC Wildlife*（April, 2025 P15)**

1)Text Completion

Wandering salamanders \_\_\_\_\_\_\_\_\_ (know) for their agility when traversing the high red wood canopies in their native north-west California. \_\_\_\_\_\_\_\_\_, how they leapt and landed so assuredly was something of a mystery-until now.

The tips of a salamander’s square-shaped toes are covered with translucent skin \_\_\_\_\_\_\_\_\_\_ encases visible blood lakes, which were \_\_\_\_\_\_\_\_\_\_ (previous) assumed to aid oxygenation. But new research by Washington State University, published in the Journal of Morphology, has found that salamanders actually fill, trap and drain these lakes to fine-tune their locomotion control.

The study revealed that, by regulating blood flow to the sides of their toe tips, the salamanders can adjust pressure asymmetrically, \_\_\_\_\_\_\_\_\_\_ (improve) grip on irregular surfaces such as tree bark. In addition, by sending \_\_\_ rush of blood to their toes, they can aid detachment. The extra blood slightly inflates the toe tips, reducing the area in contact \_\_\_\_\_ a surface and thus minimising the energy \_\_\_\_\_\_\_\_ (require) to let go. Such dexterity is crucial when navigating the uneven surfaces of the canopy, and for safe landings when parachuting between branches.

Understanding this mechanism may aid bio-inspired designs, such as prosthetics and even robotic appendages. “Gecko-inspired adhesives already allow surfaces \_\_\_\_\_\_\_\_\_\_\_ (reuse) without losing stickiness,” says lead author Christian Brown. “Salamander toes could lead to similar breakthroughs in attachment technologies.”

2)Translation

他的断腿用石膏包着。

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她花了几个小时来微调她的演讲。

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**4.News Report 3 *Scientific American*（April , 2025 P13)**

1)Reading Comprehension

If you flick a flat stone toward a pond at just the right angle, it skips across in a series of smooth jumps. Inch-long cricket frogs seem to skitter over the surface of water with similar physics-defying grace. But when Talia Weiss, then an engineering graduate student at Virginia Tech, filmed the frogs with a high-speed camera, she saw a very different picture.

“The motion is so fast that if you look at it with the naked eye, you really can’t tell the difference,” Weiss says.

For a study published recently in the Journal of Experimental Biology, Weiss and her co-authors filmed cricket frogs at up to 500 frames per second, level with the water’s surface, as the frogs moved across. Playing the footage in slow motion, the researchers found that the frogs were not hopping with just their feet breaking the surface, as older studies had described anecdotally, but were actually doing a series of belly flops—sinking for a fraction of a second and then kicking themselves upward with each jump.

Rather than skittering across water like basilisk lizards do, the frogs were rapidly “porpoising”—leaping from the water as they swam. Weiss says their legs may be too slow for true surface hopping. “To jump on the water’s surface, you have to have your legs retracted and ready to push down again by the time you’re approaching the water in every jump,” she explains. “And these frogs don’t prepare for their landing at all; they sort of just belly flop. They don’t retract their legs fast enough to immediately jump again” from the surface.

According to Jasmine Nirody, an organismal physicist at the University of Chicago, who was not involved in the study, “fast animal movements can be really deceiving,” and the new camerawork reveals what the frogs are actually doing. By carefully analyzing such motions, “we can think about how we might be able to use [the frog’s] strategy in various bioinspired robots,” she adds. “Now we know what to look for.”

1.Why did earlier studies inaccurately describe the frogs’ movement?

A. Researchers lacked interest in frog behavior.

B. The motion was too fast for the naked eye to observe.

C. The frogs’ legs were not studied carefully.

D. High-speed cameras were unavailable.

2.According to the study, how do cricket frogs actually move across water?

A. By hopping with their feet breaking the surface.

B. By sinking briefly and kicking upward in belly flops.

C. By skittering like basilisk lizards.

D. By swimming underwater.

3.What’s the best title for the text?

A. The Secret of Cricket Frogs’ Fast Jumps

B. High-Speed Cameras Reveal Frogs’ True Movement

C. Bio-inspired Robots: Learning from Nature

D. Physics of Water-Surface Animals

2)Translation

桌子底下有许多甲虫在飞快地向四处爬去。

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这只动物缩回到自己的壳里。

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1. **BBC News 04/28/2025**

1)Text Completion

A huge fire sparked by an explosion is continuing to burn at a key Iranian port. At least 14 people were \_\_\_\_\_\_\_\_\_ killed by the blast at Shahid Rajai. Officials suggested poorly stored chemicals could be \_\_\_\_\_\_\_\_, but local media have raised the possibility of sabotage.

Pope Francis has been laid to rest after a funeral mass \_\_\_\_\_\_\_\_ by hundreds of thousands of people in the bright spring sunshine of St Peter’s Square. He was buried in Rome at his favourite church, Santa Maria Maggiore.

President Trump has suggested he could \_\_\_\_\_\_ new sanctions on Russia. He said he had begun to think Vladimir Putin may not want to stop the war in Ukraine and criticised Russian missile attacks on civilian areas.

In a separate social media post, Mr Trump has \_\_\_\_\_\_\_\_ all American military and commercial ships to be allowed to travel through the Panama and Suez canals \_\_\_\_\_\_\_. It can cost large vessels hundreds of thousands of dollars to pass through either waterway.

The President of the Palestinian Authority, Mahmoud Abbas, has \_\_\_\_\_\_\_\_\_ his first-ever deputy and likely \_\_\_\_\_\_\_\_. Hussein al-Sheikh is a senior aide to Mr Abbas, who is 89.

A letter written \_\_\_\_\_\_\_\_ the Titanic days before it sank more than a century ago has sold at auction for $\_\_\_\_\_\_\_\_. The author survived the disaster.

2)Translation

三人在爆炸中受伤。

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叛乱分子企图蓄意破坏输油管道。

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