The World (May 1st-31st, 2024)

**1&2. *USA Today* (May 20, 2024 P2A)**

1)Text Completion

As our lives move \_\_\_\_\_\_\_\_\_\_\_ (increase) online, the number of minutes a day we spend staring at laptops, phones and tablets has skyrocketed. In response, many have taken to donning a pair of lenses specifically designed to block out the blue light \_\_\_\_\_\_\_\_ (emit) from our screens.

But are they really effective? And how \_\_\_\_\_\_\_\_\_ (damage) is the blue light anyway? Here’s what experts had to say.

**Do blue light glasses really work?**

“They mostly don’t work for the things that they’re advertised for,” says Dr. Craig See, an ophthalmologist with the Cleveland Clinic. Blue light glasses are largely marketed as a \_\_\_\_\_\_\_\_ (solve) to eye strain and as a protectant for the retina. Their \_\_\_\_\_\_\_\_\_\_\_\_ (effect) is not backed up by the science, however. \_\_\_\_\_\_ they are successful in blocking blue light, blue light is not necessarily something that needs to be filtered out for ocular health. “At this point in time there’s really not enough science or evidence to support or deny the benefits of disease-causing problems with blue light,” says Dr. Ronald Benner, president of the American Optometric Association. He calls studies on the subject “contradictory and inconclusive.”

Blue light, \_\_\_\_\_\_ is low-wavelength and high energy, does behave differently on the eye, See says, and in large doses can cause harm to the retina. However, as Benner points out, screens are not \_\_\_ unique example of blue light exposure. Indirect sunlight by itself produces 25 times the blue light a typical screen does, and direct sunlight produces 250 times as much. Still, blue light can suppress our natural melatonin production, \_\_\_\_\_\_\_\_ (make) it hard to sleep if there is increased screen exposure at night. So while the glasses will not protect you from long-term retina damage, and may not safeguard \_\_\_\_\_\_\_ eye strain, they can be a useful tool for screen use in the evenings.

**What are the benefits or negatives of blue light glasses?**

 One potential benefit could be better sleep. High-energy blue light, when it hits the retina, stimulates cells in the brain, essentially \_\_\_\_\_\_\_ (turn) them on, Benner explains. “In the evening times, having the blue light filter on and blocking that so that we’re not suppressing the melatonin production might be a \_\_\_\_\_\_\_\_\_ (benefit) aspect,” he says. That’s a concern that also could be could \_\_\_\_\_\_\_\_\_\_\_\_\_ (address) by limiting exposure. Both Benner and See advise shutting off screens before bed. \_\_\_\_ for the negatives, Benner says there is “probably very little direct harm,” but reminds us that “we’re not sure about the benefits yet.”

**Using blue light glasses as ‘computer glasses’**

If your eyes are struggling with prolonged contact with screens, there may be another answer. “The thought is not so much that screens start to bother our eyes because of the blue light, \_\_\_\_\_ is much more likely is that the eyes get dry,” See says. When we focus \_\_\_ something, we stop blinking so much, and our eyes get dry, creating strain. He recommends the 20-20-20 rule as a remedy: Every 20 minutes, look at something 20 feet away for about 20 seconds to give your eyes \_\_\_ break. “Eye muscles are fatigued just like leg muscles are fatigued,” Benner says. Some blue light glasses do have a +1 prescription on their lens \_\_\_\_\_\_\_\_\_\_\_ helps with up-close focus, See says. “That part may be helping.”

**Is it OK to wear blue light glasses every day?**

There is no evidence to suggest that blue light glasses \_\_\_\_ (be) doing harm, so wearing them every day will not likely be a detriment to your health. That\_\_\_\_\_ (say), if you experience headaches or other bothersome symptoms related to your sight, your first stop should be the optometrist’s office.

2)Reading Comprehension

1. What does the underlined word “skyrocket” in paragraph 1 mean?

A. Change into a different form.

B. Rise quickly to a very high level.

C. Decrease suddently to a historic low.

D. Become extremely difficult to understand.

2. Which of the following statements is correct according to the text?

A. Craig See believes blue light glasses can protect against eye strain.

B. Blue light glasses cannot filter out blue light as they’re advertised for.

C. Being exposed to too much blue light has a bad effect on the eye.

D. Smartphone screens produce much more blue light than sunlight does.

3. What does the underlined word “remedy” in paragraph 2 mean?

A. Break. B. Regulation.

C. Concentration. D. Cure.

4. Which of the following statements is correct according to the text?

A. Blue light glasses are the best option to limit blue light exposure at night.

B. Blue light glasses are not so helpful with up-close focus.

C. Blue light is probably not the major reason why eye strain happens.

D. Wearing blue glasses all day long causes trouble to the eyes.

3)Translation

他穿上短上衣出去了。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

她按捺不住怒火。

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这个事故是驾驶员疲劳所致。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

他全身心地投入工作结果损害了他的健康。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. ***Reader’s Digest* (June, 2024 P35)**
2. Text Completion

Breathing for Blood Pressure

Chances are that, \_\_\_\_\_\_ you have respiratory problems, you don’t think much about your breathing—it just \_\_\_\_\_\_\_ (happen). But your breathing can affect the health of your entire body, and a new study from Florida State University suggests that \_\_\_\_\_ you breathe can even lower your blood pressure. In the study, healthy adults with slightly \_\_\_\_\_\_\_\_ (elevate) blood pressure were asked to breathe through the nose for five minutes and then through the mouth for five minutes, while at rest. Their blood pressure measurements were lower when they inhaled and exhaled through the nose only. The researchers hope that future studies will help determine just how to use these \_\_\_\_\_\_\_\_ (find) to help people manage or improve hypertension.

The Exercise That Takes Years off Your Brain

Most people work out to improve their bodies, \_\_\_\_ one popular workout may have a powerful effect on brain health too. Tai chi is a form of exercise popular among older adults who want to improve their balance, mobility and general \_\_\_\_\_\_ (fit). Now it turns out that this ancient Chinese art may also help keep the brain young. \_\_\_\_ Oregon study of more than 300 people in their mid-70s with mild memory loss found that practicing tai chi for six months led to improved scores on memory tests, equivalent to \_\_\_\_\_\_\_ (gain) three to six years of brain health. The researchers believe that it’s the combination of physical movement and the mental challenge of memorizing and executing sequences—much like learning a new dance routine—\_\_\_\_ is responsible for the effect.

2)Translation

他有严重的呼吸问题。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

八公里约等于五英里。

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1. ***The Washington Post* (May 31, 2024 A14)**

1)Text Completion

The U.S. economy grew more slowly in the first quarter than \_\_\_\_\_\_\_\_\_\_ (previous) estimated after downward revisions to consumer spending and a key measure of inflation ticked down, \_\_\_\_\_\_\_ (keep) the Federal Reserve on track to possibly begin cutting interest rates at least once before the end of the year.

Gross domestic product — the broadest measure of economic activity — grew at an 1.3 percent annualized rate from January through March, the Commerce Department reported Thursday, down \_\_\_\_\_ the advance estimate of 1.6 percent and notably \_\_\_\_\_\_ (slow) than the 3.4 percent pace in the final three months of 2023.

The first-quarter growth downgrade \_\_\_\_\_\_\_\_ (suggest) that the U.S. central bank’s aim of gradually cooling the economy through high interest rates is having \_\_\_ effect as consumers increasingly balk at higher prices, although it remains uncertain \_\_\_\_\_\_\_\_\_\_\_ the weakening trend in inflation will continue. Corporate profits dropped for the first time in a year, falling 0.6 percent to $3.39 trillion from the fourth quarter’s record high.

“The downward revision to economic \_\_\_\_\_\_\_ (grow) as well as smaller downward revisions to inflation make the Fed a little more likely \_\_\_\_\_\_\_ (start) reducing interest rates by September,” said Bill Adams, the chief \_\_\_\_\_\_\_\_\_ (economy) at Comerica Bank. “With the economy operating in low gear, a margin of slack capacity is opening up, and consumers are feeling less flush.”

2)Translation

拥有房屋所有权者人数减少的趋势可能会持续。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

面对动物实验，哪怕是生物专业的大学生也会畏缩。

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**5. *The Times* (May 25, 2024 P4)**

1)Text Completion

Working from home all week \_\_\_\_\_\_\_\_\_ (increase) the risk of being overweight and depressed, a study has revealed, with hybrid staff the happiest and healthiest. Analysis of 5,000 employees from several UK businesses found that those who work \_\_\_\_\_\_\_\_ (remote) five days a week took twice as many sick days on average compared with those going into the office. Staff with a hybrid working pattern — splitting their time \_\_\_\_\_\_\_\_ home and commuting in — were the happiest, healthiest and had the highest productivity levels at work.

\_\_\_\_ report, by the health insurer Vitality, found 12 per cent of people who are fully remote suffered \_\_\_\_\_\_\_\_\_\_ (depress), compared with 10 per cent of full-time office workers and 8 per cent of hybrid workers. Only 20 per cent of hybrid workers were obese compared with 25 per cent of those working from home full time, and 24 per cent of full-time office staff. People who stayed at home were also more likely to have joint or back pain, \_\_\_\_\_\_ can be caused by hunching over a laptop all day. Some 87 per cent of those working from home had at least one musculoskeletal condition, compared with 80 per cent of hybrid workers and 78 per cent of office workers.

Hybrid \_\_\_\_\_\_\_\_\_\_ (employ) took the fewest sick days, averaging five a year, compared with ten for those working from home. They also reported the \_\_\_\_\_\_\_ (high) productivity, and were less likely to say that health issues \_\_\_\_\_\_\_\_\_ (include) anxiety and depression had an impact on their capacity to work. Experts said this reflected the greater “flexibility and variety” \_\_\_\_\_\_\_ (offer) by hybrid working, with employees more engaged in their jobs when not dreading the “monotony” of being at the same desk for five days in a row or wasting hours a day commuting.

2)Translation

她身体前倾，伏在写字台上。\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

这是他一直最担心的时刻。

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**6. BBC News 05/31/2024**

1)Text Completion

BBC News with Sue Montgomery. Algeria has said it will present a \_\_\_\_\_ UN resolution, calling for an \_\_\_\_ to the killing in Rafah in southern Gaza. The move was announced after a closed meeting of the Security Council at which Sunday’s deaths at a displaced persons camp were discussed. The US has vetoed \_\_\_\_\_\_\_\_ resolutions and says the Israeli operation in Rafah has not crossed its red lines though it called the deaths \_\_\_\_\_\_\_\_\_\_\_\_.

Our correspondent Tom Bateman says the US position is \_\_\_\_\_\_\_ to change.

I think the issue here is, we’ll see a repeat pattern that we’ve seen the United Nations, which has been largely that the US will veto anything that it thinks it \_\_\_\_\_\_\_\_\_\_\_\_, that goes against its own policy towards Israel. And that has been largely to continue to give Israel a diplomatic shield at the UN although we did start to see that phrase somewhat in the last 6 weeks or so. But I think when it comes to the \_\_\_\_\_ of Rafah, you’re not gonna see the Americans allow that resolution to go forward in the form it seems that the Algerians are currently \_\_\_\_\_\_\_\_\_.

Israel has continued its assault. Palestinian health officials say \_\_\_\_\_\_\_\_\_ were killed by \_\_\_\_\_\_\_ on another camp in al-Mawasi west of Rafah.

2)Translation

修建大坝的计划已被环境保护局否决。

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凌晨时分向首都发起了攻击。

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