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建议阅读原文

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"All work and no play makes Jack a dull boy" is a popular saying in the United States. Other countries have similar sayings. It is true that all of us need recreation. We cannot work all the time if we are going to maintain good health and enjoy life. Good physical and mental health in fact enables us to work more efficiently. Everyone has his own way of relaxing. Perhaps the most popular way is to participate in sports. There are team sports, such as baseball, basketball, and football. There are individual sports, also, such as golf and swimming. In addition, hiking, fishing, sailing and mountain climbing have a great attraction for people who like to be outdoors. Chess, card-playing, and dancing are forms of indoor recreation enjoyed by many people. Not everyone who enjoys sporting events likes to participate in them. Many people prefer to be spectators, either by attending the games in person, watching them on television, or listening to them on the radio. When there is an important baseball game or boxing match, it is almost impossible to get tickets. everyone wants to attend. It doesn't matter whether we play a fast game of ping-pong, concentrate over the bridge table, or go walking through the woods on a brisk autumn afternoon. It is important for everyone to relax from time to time and enjoy some form of recreation.

练习：1. Paragraph 2\_\_\_\_\_ . 2 .

Paragraph 3\_\_\_\_\_ . 3 . Paragraph 4\_\_\_\_\_ . A) The

important of having recreation B) The recreation centers C) Type of sports D) Fun of being spectators 4 . To keep fit and enjoy life , all of us must have\_\_\_\_\_. 5 . Participating in door sports or outdoor sports is a good way\_\_\_\_\_. 6 . Many people prefer watching games to\_\_\_\_\_. 7 . It is generally believed that those who work all the time and do not know how to relax\_\_\_\_\_.

A) must be very boring B) some kind of recreation C) participating in them D) to relax oneself E) to choose one ' s own way of relaxing

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