

2010年职称英语考试卫生A阅读理解练习(2)职称英语考试

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https://www.100test.com/kao_ti2020/645/2021_2022_2010_E5_B9_B4_E8_81_8C_c91_645354.htm Look After Your Voice Often

speakers at a meeting experience dry mouths and ask for a glass of water. You can solve the problem by activating the saliva in your mouth. First gently bite the edges of your tongue with your teeth. Or, press your entire tongue to the bottom of your mouth and hold it there until the saliva flows. Or you can imagine that you are slicing a big juicy lemon and sucking the juice. Before you begin your talk, be kind to your voice. Avoid milk or creamy drinks which coat your throat. Keep your throat wet by drinking a little sweetened warm tea or diluted fruit juice.来源：考试大的美女编辑们 If you sense that you are losing your voice, stop talking completely. Save your voice for your speech. You may feel foolish using paper to write notes, but the best thing you can do is to rest your voice. If you need to see a doctor, perhaps you can get some advice from a professional singer. In the meantime, do not even talk in a low voice. What about drinking alcohol to wet your throat? I advice you not to touch alcohol before speaking. The problem with alcohol is that one drink gives you a little confidence. The second drink gives you even more confidence. Finally you will feel all-powerful and you will feel you can do everything, but in fact your brain and your mouth do not work together properly. Save the alcohol until after you finish speaking. Perhaps you want to accept the advice, but you may wonder if you can ever change the habits of a lifetime. Of course you

can. Goethe, who lived before indoor skating rinks or swimming pools, said, “ We learn to skate in the summer and swim in the winter ” . Take this message to heart and give yourself time to develop you new habits. If you are willing to change, you will soon be able to say that you will never forget these techniques because they became a part of your body. 36. All the following are mentioned in the passage about how to solve the problem of dry mouths EXCEPT

_____. A. to bite the edges of your tongue B. to ask for a glass of water C. to imagine you are having a sour fruit D. to take cool milk 37. What does the writer suggest when you feel you are losing your voice? A. Rest your voice B. Drink some alcohol. C. Ask a singer to teach you how to protect your voice. D. Never go to see a doctor. 38. What is the writers advice about alcohol before you give a speech? A. Drink a little of it to feel all-powerful B. Dont drink it.来源

: www.100test.com C. Dilute it with water. D. Drink it two hours before you make a speech. 39. Why does the writer cite Goethes advice? A. To prove one can change ones habits. B. To tell that Goethe had a strong will power. C. To encourage one to go in for sports. D. To demonstrate Goethe was creative. 40. In the authors opinion, to change a habit is _____. A. very difficult B. very easy C. completely impossible D. hard but possible 相关推荐 : 2010年

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