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https://www.100test.com/kao_ti2020/645/2021_2022_2010_E5_B9_B4_E8_81_8C_c91_645735.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 you 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 flow. 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. if you sense that your 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 tor , 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. exercise: 1. 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. 2. 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 sea a tor. 3. what is the writer ' s advice about alcohol before you give a speech? a) drink a little of it to feel all-powerful. b) don ' t drink it. c) dilute it with water.百考试题 - 全国最大教育类网站(100test.com) d) drink it two hours before you make a speech. 4. what did goethe say about skating and swimming? a) he said people could learn to skate when it was hot and swim when it was cold. b) he said people could learn to skate and swim when it was hot. c) he said people could learn to skate and swim when it was cold. d) he said people could learn to skate when it was cold and swim when it was hot. 5. why does the writer cite goethe ' s advice? a) to encourage one to go in for sports. b) to tell that goethe had a strong willpower. c) to prove one can change one ' s habits. d) to demonstrate was creative. keys:d a b a c 编辑推荐：为帮助广大学员有效备考，我们特推出了职称英语2010年网络辅导课程,相信会让大家有耳目一新的视听感受。现在报名职称英语辅导套餐班5.8折，精讲班5折。点击查看详情》相关推荐：2010年职称英语理工类完型填空练习汇总 100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com