

READING TEST

ENGLISH 11

Read the passage carefully and choose the best answer for each of the following questions below.

Humanitarian Dorothea Dix was born in Hampden, Maine, in 1802. At the age of 19, she established a school for girls, the Dix Mansion School, in Boston, but had to close it in 1835 due to her poor health. She wrote and published the first of many books for children in 1824. In 1841, Dix accepted an invitation to teach classes at a prison in East Cambridge, Massachusetts. She was deeply disturbed by the sight of mentally-ill persons thrown in the jail and treated like criminals. For the next eighteen months, she toured Massachusetts institutions where other mental patients were **confined** and reported the shocking conditions she found to the state legislature. When improvements followed in Massachusetts, she turned her attention to the neighbouring states and then to the West and South.

Dix's work was interrupted by the Civil War; she served as superintendent of women hospital nurses for the federal government.

Dix saw special hospitals for the mentally-ill built in some fifteen states. Although her plan to obtain public land for her cause failed, she aroused concern for the problem of mental illnesses all over the United States as well as in Canada and Europe.

Dix's success was due to her independent and thorough research, her gentle but persistent manner, and her ability to secure the help of powerful and wealthy supporters.

Question 1. In what year was the Dix Mansion School closed?

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| A. 1802 | B. 1824 |
| C. 1835 | D. 1841 |

Question 2. Why did Dorothea Dix first go to a prison?

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| A. She was convicted of a crime. | B. She taught classes there. |
| C. She was sent there by the state legislature. | D. She was doing research for a book. |

Question 3. Where was Dorothea Dix first able to bring about reforms in the treatment of the mentally-ill?

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| A. Canada | B. Europe |
| C. Massachusetts | D. The West and the South |

Question 4. The word "**confined**" in paragraph 1 is closest in meaning to ____.

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| A. restricted | B. treated |
| C. cared for | D. supported |

Question 5. Dorothea Dix was NOT successful in her attempt to ____.

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| A. arouse concern for the mentally-ill | B. become superintendent of nurses |
| C. obtain public lands | D. publish books for children |

Read the passage carefully and choose the best answer for each of the following questions below.

Along with jogging and swimming, cycling is one of the best all-round forms of exercise. It can help to increase your strength and energy, giving you more efficient muscles and stronger heart. But increasing your strength is not the only advantage of cycling. Because you're not carrying the weight of your body on your feet, it's a good form of exercise for people with painful feet or backs. However, with all forms of exercise it's important to start slowly and build up gently. Doing too much and too quickly can damage muscles that aren't used to working. If you have any doubts about taking up cycling for health reasons, talk to your doctor and ask his/her advice.

Ideally, you should be cycling at least two or three times a week. For the exercise to be doing you good, you should get a little out of breath. Don't worry that if you begin to lose your breath, it could be dangerous and there must be something wrong with your heart. This is simply not true; shortness of breath shows that the exercise is having the right effect. However, if you find you are in pain then you should stop and take a rest.

Question 6. According to the writer, it is best to go cycling.....

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| A. once a week | B. at least two or three times a month |
| C. at least two or three times a week | D. every day |

Question 7. All forms of exercise must be started.....

- A. quickly
- B. gradually
- C. strenuously
- D. violently

Question 8. People with back problems might go cycling because.....

- A. it enables them to carry the weight of their body on their feet
- B. it helps them to relieve their backache
- C. it helps to make their backs become stronger
- D. it does not make them carry the weight of their body on their feet

Question 9. You should not worry about the shortness of breath because.....

- A. it is a sign of exercise having the right effect
- B. it shows that you should stop and take a rest
- C. it shows that there is something wrong with your heart
- D. it is a sign of your getting rid of your heart problem

Question 10. Which of the following is NOT included in the advantages of cycling?

- A. Giving you a stronger heart
- B. Increasing you strength and energy
- C. Making you look younger
- D. Giving you better muscles

-The end-