

全国 2019 年 10 月高等教育自学考试

英语阅读(一) 试题

课程代码:00595

请考生按规定用笔将所有试题的答案涂、写在答题纸上。

选择题部分

注意事项:

1. 答题前,考生务必将自己的考试课程名称、姓名、准考证号用黑色字迹的签字笔或钢笔填写在答题纸规定的位置上。
2. 每小题选出答案后,用 2B 铅笔把答题纸上对应题目的答案标号涂黑。如需改动,用橡皮擦干净后,再选涂其他答案标号。不能答在试题卷上。

I. CAREFUL READING

Read the following passages carefully. Decide on the best answer and blacken the corresponding letter on the ANSWER SHEET. (40 points, 2 points each)

Passage 1

*Questions 1 to 5 are based on the following passage.*

Walking is just not enough, according to a new review of the evidence from Public Health England (PHE), which reveals a major disconnect between the exercise people need and what they actually do.

Those who thought 10,000 steps a day or a brisk daily trudge (跋涉) from a further bus stop meant they were doing enough to stay fit and healthy have got it wrong. People should also all be doing tai chi, weight lifting or ballroom dancing.

Aerobic (有氧的) exercise, such as walking or gardening, is good for the heart and improves the circulation. PHE's review said that muscle and bone strengthening and balance activities are also vital for health and future wellbeing, but they are neglected. Strengthening and balance activities not only help prevent falls, but also help improve mood, sleeping patterns, increase energy levels and reduce the risk of an early death.

Muscles tend to be at their peak in our 30s, said Louise Ansari from the Centre for Ageing Better, and the muscle tone is going by the time we reach 40 unless we actively work on it. The best forms of exercise, according to the review of evidence, are ball games, tennis, dance, Nordic (北欧人的) walking and resistance training—usually training with weights.

These exercise both arms and legs, strengthening muscles and helping us keep our balance.

Ansari said the type of exercise required depends on a person's fitness. "If you are a reasonably fit adult and you do walking, you should also do yoga or tai chi or tennis or resistance training which could be in a structured exercise class."

But exercise doesn't have to be in a gym, she added. "You can also make sure you go up and down stairs a lot instead of taking the lift. That is resistance training. Your body is providing the resistance. You don't have to go to the gym. As long as you are feeling the ache in your muscles."

Dance of all sorts is good for muscles and balance, from folk to ballroom. "If you don't feel you can go to a full-on dance class because you are a bit weak, standing on one leg for 30 seconds a day or tai chi is very good."

Ansari said she doesn't use a gym. "I don't go and lift weights, but I make sure I'm carrying shopping home and carrying things around—consciously lifting weight."

The advice is not just for the elderly. "Alongside aerobic exercise, all adults should be aiming to do strengthening and balancing activities twice per week," said Ansari. "On average we're all living longer and this mixture of physical activities will help us stay well in our youth and remain independent as we age."

1. What can we learn from the new review given by PHE?
  - A. People like to keep fit by doing dancing.
  - B. People enjoy walking to work every day.
  - C. People neglect some forms of exercise.
  - D. People overvalue the role of exercise.
2. What is the advantage of walking according to paragraph 3?
  - A. Promoting sleep.
  - B. Reducing risks of falls.
  - C. Helping keeping balance.
  - D. Improving blood circulation.
3. Which of the following is resistance training?
  - A. Taking long walks.
  - B. Going in for tai chi.
  - C. Playing table tennis.
  - D. Doing weight lifting.

4. What does Ansari like to do for keeping fit?

- A. Walk with heavy things.
- B. Go to a dance class.
- C. Do yoga in a gym.
- D. Take an elevator.

5. What does Ansari advise people to do?

- A. Do a mixture of exercises.
- B. Exercise in a gym every day.
- C. Attend some exercise classes.
- D. Do aerobic exercise once a week.

### Passage 2

*Questions 6 to 10 are based on the following passage.*

One simple solution to the gender pay gap is that if women don't like how much they're being paid by their employers, they should simply quit their jobs and work for themselves. That makes me laugh out loud. Research shows that in 2016 self-employed men earned an average of £363 per week, while their female counterparts earned a third less at £243.

The reality is that women in self-employment run into exactly the same problems that those working for someone else's business do. First, numerous self-employed women are in sectors which are traditionally lower paid, like caring and cleaning professions. Then, there is the belief that women tend to ask for less than men, and so they are simply paid less. A 2016 academic study showed that in employment both men and women would treat a female asking for a pay rise differently from a male. Although they might get the raise, the company would tend to hold it against them and see them as difficult or demanding. This instinctive reaction teaches women that they can ask for money but it's going to be a difficult experience and they're going to be resented for it.

For me, however, the greatest reason for the pay gap in self-employment is the motivation behind striking out on your own. For men, the most common reason is because they want to be their own boss, for women it's because they want a better work-life balance. Women have a level of caring responsibilities that traditional employment doesn't allow them to meet. There's also the reality that childcare is expensive, and support for this doesn't kick in for a few years. Women looking at sacrificing their entire salary simply to pay someone else to look after their child might think they're better off working for themselves.

We're only going to see more of this as caring responsibilities grow. We know that women are hit by a double-bind (双重约束) of children and ageing parents, that it's more

difficult for them to re-enter the workplace after taking time out for children, and that they're more likely to prioritize flexibility over money.

You might say that these are choices that women make, and that if they choose to make them then they have to accept they earn less. But what would happen if they didn't make these choices? If no one looked after their children or ageing parents?

Self-employed women are doing the same juggling (同时做多件事情的) act their employed peers are doing, and they're being punished for it in the same way. The gender pay gap doesn't disappear because you work for yourself—it only widens.

6. What does the author think of the proposed solution to the gender pay gap?
  - A. It is dangerous.
  - B. It is ridiculous.
  - C. It is innovative.
  - D. It is helpful.
7. What can we learn from paragraph 2?
  - A. It is hard for women to get a pay rise.
  - B. Women lay little emphasis on money.
  - C. It is rare to see men in caring professions.
  - D. Males earn more than females in cleaning profession.
8. What would a traditional employer do to a female employee with caring responsibilities?
  - A. Tell her the necessity of personal sacrifice.
  - B. Urge her to well balance work and family.
  - C. Refuse to give her the needed flexibility.
  - D. Ask her to consider going self-employed.
9. The author holds that, like their employed peers, self-employed women \_\_\_\_\_.
  - A. are at a financial disadvantage
  - B. have a poor work environment
  - C. have confidence in decision-making
  - D. have little time in handling family affairs
10. What does the underlined word "it" in the last paragraph refer to?
  - A. The juggling act.
  - B. The gender pay gap.
  - C. The punishing schedule.
  - D. The self-employed group.

### Passage 3

*Questions 11 to 15 are based on the following passage.*

In the second half of the 19th century, Europe was swept by a “mania (狂热) for Japanese aesthetics (美学)”, said Nina Siegal in *The New York Times*. Closed to outsiders for centuries, Japan had opened itself up to trade and diplomacy, allowing the rest of the world to discover its unique visual culture. Artists were particularly taken with Japonisme, as it was known, and none more so than Vincent van Gogh (1853–90). Although he never actually visited Japan, the Dutch artist developed a “fascination” with Japanese woodcut prints, collecting hundreds of examples. Increasingly attracted by Japanese culture, van Gogh studied and copied these prints, and their influence inevitably bled into his work. A new exhibition at Amsterdam’s Van Gogh Museum brings together nearly all of the artist’s “major” Japanese-influenced works, as well as about 50 of the prints that played a role in the evolution of his “distinctive style”. This show has been five years in the making, said Michael Glover in *The Independent*, “and it delves into (探索) this subject as never before”.

Van Gogh undoubtedly had a “reverence” for Japanese printmakers like Utagawa Hiroshige and Katsushika Hokusai, said Jonathan Jones in *The Guardian*. Two “direct copies” he made of Hiroshige nature scenes hang alongside the originals, demonstrating the intense passion with which he studied the work. He drew on Eastern spiritual philosophy too, depicting himself as “a Japanese priest with shaven head” in a “tragic” late self-portrait. Yet I can’t help feeling that the exhibition overstates the importance of Japanese art in van Gogh’s work. It suggests that everything from his still life drawings to masterpieces like his “lovely” 1888 painting *The Harvest* were directly inspired by the likes of Hokusai, yet both clearly owe more of a debt to Dutch painting traditions. Ultimately, the claim that van Gogh’s art was transformed by Japanese culture “simply does not hold up”.

I disagree, said Waldemar Januszczak in *The Sunday Times*. Seeing van Gogh’s work paired with the Japanese prints, it’s obvious they were crucial to the development of his style. He learnt compositional tricks from Japanese woodcuts, embracing their use of colour and perspective. More crucial still, they led him to create art with a “devotional relationship to nature” entirely new to European painting. This is an important and appealing show that will lead you to an “inescapable” conclusion: “Japanese art turned van Gogh into van Gogh”.

11. What can we learn about Japan in the second half of the 19th century?
  - A. It pursued an aggressive diplomacy.
  - B. It was unknown to European artists.
  - C. It was open to the outside world.
  - D. It restricted its trade with Europe.
12. How did van Gogh react to Japonisme?
  - A. He put it into his own work.
  - B. He showed total indifference to it.
  - C. He took it as a crazy artistic form.
  - D. He went to Japan to learn about it.
13. What do we know about the exhibition at Amsterdam's Van Gogh Museum?
  - A. It contains works of 50 Japanese artists.
  - B. It displays European artists' works.
  - C. It has been prepared for five years.
  - D. It has attracted artists worldwide.
14. What was Jonathan Jones's view about van Gogh's paintings?
  - A. They are short of reflections of his life experiences.
  - B. They depict the transformation of Japanese culture.
  - C. They show a direct adaptation from Hokusai's works.
  - D. They are largely influenced by the European tradition.
15. What did Januszczyk think of the effect of Japanese paintings on van Gogh's works?
  - A. It was unclear.
  - B. It was profound.
  - C. It was negative.
  - D. It was indirect.

#### Passage 4

*Questions 16 to 20 are based on the following passage.*

My friend's ten-year-old daughter Julia has a new hobby. Like many of her school pals, she hopes to become a video blogger—a “vlogger”. She's started to record clips of herself for others to watch and “like”. She showed me a few, and then gave me a list of famous vloggers to watch. Their names sounded so bizarre. But they are totally familiar to teenage girls.

Like an earnest marketing executive, Julia explained to me that it was all a matter of numbers. If her videos are viewed 40,000 times on YouTube, she can have advertisements placed on them; 100,000, and companies would start sending her products to promote. One

million and she'd be a YouTube star.

This seemed a peculiar phenomenon but Julia is not alone. In fact, her dream is perfectly normal for her generation: one in three children between the ages of 11 and 16 have uploaded a video to YouTube. Who can blame them? Vlogging can now be a well-paid career. Unlike the more traditional dream jobs—pop star, doctor, footballer, scientist—it doesn't take much effort. All it requires is a smartphone and gallons of youthful self-confidence.

There're plenty of people with that. The 27-year-old British vlogger Zoella has made millions from her channel. Ryan, the six-year-old American host of the YouTube channel RyanToysReview, made £8.5 million last year from reviewing toys and sweets.

Popular genres on YouTube are the “haul video”—where a vlogger reviews recently received items—and the “unboxing video”, in which products are opened and then discussed. The message is: “I've got this, and you haven't.” And then comes, “here's where to buy it”. What the vloggers seem to have worked out is that the internet is a giant sales opportunity.

Not every girl can be Zoella, so the real winners are the tech companies, who are constantly improving their systems to extract the maximum revenue from their audiences. They are keen to show their desire to help protect children from the darker areas of the internet. “YouTube Kids” is an app (应用软件) which is meant to filter out inappropriate videos, but that is easier said than done. Algorithms (计算程序) haven't yet developed the moral sense to know what is good for children.

My friend said she was concerned about her daughter's vlogging but that it was difficult to intervene, for most girls in her class were obsessed with it. The girls all hope they might earn millions, travel the world and become famous.

16. What does paragraph 1 mainly say about Julia?

- A. She has learned making videos.
- B. She considers herself pretty.
- C. She likes many celebrities.
- D. She has taken to vlogging.

17. Julia believes that her videos on YouTube can make her very \_\_\_\_\_.

- A. confident
- B. creative
- C. popular
- D. rational

18. How does the author feel about Julia's dream?
- A. It is easy to abandon.
  - B. It is understandable.
  - C. It is cool to pursue.
  - D. It is impossible.
19. What does the girl in the "haul video" do?
- A. Show the gifts her pals have given to her.
  - B. Praise the objects she has newly obtained.
  - C. Demonstrate how to handle certain devices.
  - D. Tell how happy she is to have got something.
20. What does the author say about "YouTube Kids"?
- A. It is a shield against public criticism.
  - B. It is an instrument for making profit.
  - C. It is complex for children to handle.
  - D. It is unable to do what it is meant to.

## II. SPEED READING

**Skim or scan the following passages, and then decide on the best answer and blacken the corresponding letter on the ANSWER SHEET. (10 points, 1 point each)**

### Passage 5

*Questions 21 to 25 are based on the following passage.*

From Monday to Friday, many of us have an early start and a long day. By the time we've gone to bed and managed to fall asleep, we've been woken up by the alarm to do it all again. Come the weekend, we're totally exhausted. We sleep in way past our usual wake-up time just to stay in sync (同时) enough to start again on Monday.

Welcome to social jet lag. That's the term for the difference between our working-week sleeping pattern, when our sleep times relate to our responsibilities, and the weekend, when we can wake when we choose. And depending on what type of person you are, the difference can be significant.

For night owls—those whose natural rhythm is to wake and go to bed later—there can be significant health-related issues, according to a recent study published by Taylor and Francis Group online. The study concludes the bigger the difference between working-week and weekend sleep times, the greater the health issues—including a higher risk of heart disease and other metabolic (新陈代谢的) problems. And because so many jobs and tasks start early, night owls are effectively forced into harmonizing with the early birds.



So what can night owls do: force themselves to integrate by sacrificing their lie-in? “It’s the worst thing you can do,” says Professor Till Roenneberg at the Institute of Medical Psychology at Ludwig-Maximilian University in Munich. This is because people’s sleep pattern is half determined by genetics. The other half is related to their age and environment. Getting less sleep is unlikely to realign (调整) your genetic tendencies.

Our bodies evolved to coordinate with the rise and fall of the Sun. We should feel sleepy as the light gradually disappears. But modern life, with its artificial light and modern devices, such as computers and smartphones, means we have turned away from the normal way. Now we are exposed to more light for longer periods of time, keeping our bodies awake longer. For night owls, who already tend to sleep later, this delays things even further.

One solution, beyond changing society’s early-start tendencies, is to reorient our body clock by manipulating our exposure to light. By taking more sunlight in the morning and minimizing the amount of artificial light we are exposed to in the evening—particularly on electronic devices—we can rebalance our bodies to feel sleepy earlier. It’s far from easy, but better than losing your whole weekend to sleep.

21. What causes social jet lag according to the passage?
  - A. Getting up early and staying up late the whole week.
  - B. The fact that one is suffering from constant sleeplessness.
  - C. The difference between weekday and weekend sleep patterns.
  - D. The habit of sleeping in past the usual wake-up time on Mondays.
22. What does the study say about the result of having night owls’ sleep pattern?
  - A. It may harmonize with nature.
  - B. It may incur more health risks.
  - C. People may have excessive work.
  - D. People may achieve greater success.
23. Which of the following plays a decisive role in people’s sleep patterns?
  - A. Genetics.
  - B. Health.
  - C. Gender.
  - D. Personality.

24. What makes night owls stay up even later in modern life?
- A. Artificial light and modern devices.
  - B. The evolved genes in their bodies.
  - C. Their shorter exposure to sunlight.
  - D. Disturbance from noisy neighbors.
25. What is the best way to rebalance our bodies to feel sleepy earlier?
- A. Spending our whole weekend sleeping.
  - B. Minimizing sunbathing during the day.
  - C. Avoiding artificial light in the morning.
  - D. Exposing our bodies to a proper amount of light.

### Passage 6

*Questions 26 to 30 are based on the following passage.*

Arthur Morel was growing up. He was a quick, careless, impulsive boy, a good deal like his father. He hated study, made a great moan if he had to work, and escaped as soon as possible to his sport again.

In appearance he remained the flower of the family, being well made, graceful, and full of life. His dark brown hair and fresh colouring, and his exquisite dark blue eyes, together with his generous manner and fiery temper (急脾气), made him a favourite. But as he grew older his temper became uncertain. He flew into rages over nothing, seemed unbearably raw and irritable.

His mother, whom he loved, wearied of him sometimes. He thought only of himself. When he wanted amusement, all that stood in his way he hated, even if it were she. When he was in trouble he moaned to her ceaselessly.

“Goodness, boy!” she said, when he groaned about a master who, he said, hated him, “if you don’t like it, alter it, and if you can’t alter it, put up with it.”

And his father, whom he had loved and who had worshipped him, he came to detest. As he grew older, Morel fell into a slow ruin. There came over him a look of meanness and of paltriness (微不足道). And when the mean-looking elderly man bullied or ordered the boy about, Arthur was furious. Moreover, Morel’s manners got worse and worse, his habits somewhat disgusting.

“Dirty nuisance!” Arthur would cry, jumping up and going straight out of the house when his father disgusted him. And Morel persisted the more because his children hated it. He seemed to take a kind of satisfaction in disgusting them, and driving them nearly mad, while they were so irritably sensitive at the age of fourteen or fifteen. So that Arthur, who was

growing up when his father was degenerate and elderly, hated him worst of all.

Then, sometimes, the father would seem to feel the contemptuous (藐视的) hatred of his children.

“There’s not a man tries harder for his family!” he would shout. “He does his best for them, and then gets treated like a dog. But I’m not going to stand it, I tell you!”

As it was, the battle now went on nearly all between father and children, he persisting in his dirty and disgusting ways, just to assert his independence. They hated him.

26. What made Arthur a favourite boy before he grew older?
  - A. His courage.
  - B. His generosity.
  - C. His smartness.
  - D. His diligence.
27. What does “even if it were she” in paragraph 3 mean?
  - A. His mother loved him even if he flew into rages over nothing.
  - B. His mother lost her patience when he became unbearably rude.
  - C. He even hated his mother when she kept him from amusement.
  - D. He hated his mother even if she allowed him to have amusement.
28. How many people are mentioned in paragraph 5?
  - A. Two.
  - B. Three.
  - C. Four.
  - D. Five.
29. What does paragraph 6 say about Arthur’s father?
  - A. He loved his children more when getting older.
  - B. He became sensitive to his children’s mistakes.
  - C. He insisted on his children giving him more love.
  - D. He seemed satisfied in disgusting his children.
30. Why did the father persist in his way of treating his children?
  - A. He considered it good for his children.
  - B. He wanted to show his independence.
  - C. He felt it hard to control his temper.
  - D. He intended to assert his authority.

## 非选择题部分

注意事项：

用黑色字迹的签字笔或钢笔将答案写在答题纸上，不能答在试题卷上。

### III. DISCOURSE CLOZE

**The following is taken from the textbook. Read the passage and fill in the numbered spaces (there are more suggested answers than necessary). Write the letter of the answer on the ANSWER SHEET. (10 points, 1 point each)**

The English, as a race, have the reputation of being very different from all other nationalities, including their closest neighbors, the French, Belgians and Dutch. It is claimed that living on an island (31) \_\_\_\_\_ has much to do with it. Whatever the reasons it may be fairly stated that the Englishman has developed many attitudes and habits which distinguish him from other nationalities.

Broadly speaking, the Englishman is a quiet, shy, reserved person who is fully relaxed (32) \_\_\_\_\_. In the presence of strangers or foreigners he often seems inhibited, (33) \_\_\_\_\_. You have only to witness a commuter train any morning or evening to see the truth of this. Serious-looking businessmen and women sit (34) \_\_\_\_\_ or dozing in a corner; no one speaks. In fact, to do so would seem most unusual. An English wit, pretending to be giving advice to overseas visitors, once suggested, "On entering a railway compartment shake hands with all the passengers." Needless to say, he was not being serious. There is (35) \_\_\_\_\_ of behavior which, if broken, makes the person immediately the object of suspicion.

It is a well-known fact that the English have (36) \_\_\_\_\_ and that, given half a chance, they will talk about it (37) \_\_\_\_\_. Some people argue that it is because English weather defies forecast and hence is (38) \_\_\_\_\_ to everyone. This may be so. Certainly Englishmen cannot have much faith in the meteorological experts—the weathermen—who, after promising fine, sunny weather for the following day, are often proved wrong when an anti-cyclone over the Atlantic brings rainy weather to all districts. The man in the street seems to be as accurate—or as inaccurate—as the weathermen (39) \_\_\_\_\_. This helps to explain the seemingly odd sight of an Englishman (40) \_\_\_\_\_ with a raincoat slung over his arm and an umbrella in his hand. So variable is the weather that by lunchtime it could be pouring.

(From *The English Character*)

- A. an obsession with their weather
- B. an unwritten but clearly understood code
- C. a source of interest and speculation
- D. leaving home on a bright, sunny, summer morning
- E. only among people he knows well
- F. separated from the rest of Europe
- G. even embarrassed
- H. at length
- I. accompanied by appropriate gestures
- J. reading their newspapers
- K. more or less
- L. in his predictions

#### IV. WORD FORMATION

Complete each of the following sentences with the proper form of the word in brackets. Write your answers on the ANSWER SHEET. (10 points, 1 point each)

- 41. (wood) Half of the participants were seated in hard, \_\_\_\_\_ chairs, while the others sat in soft, cushioned chairs.
- 42. (neighbor) I happened to be in the \_\_\_\_\_, and Captain Ellis graciously invited me—and photographer Adam Ferguson—along for the ride.
- 43. (dictator) The country suffered for many years under his \_\_\_\_\_.
- 44. (balance) When I said that my life is out of balance I meant that I do not have a standard \_\_\_\_\_ life.
- 45. (discover) Scientists announced the \_\_\_\_\_ of a new species of plant.
- 46. (real) I \_\_\_\_\_ think that this interesting scheme will work out.
- 47. (knowledge) The newspaper must be \_\_\_\_\_, thoughtful and funny if it wants to be published largely.
- 48. (locate) This corner would make a good \_\_\_\_\_ for a gas station.
- 49. (guilt) I feel so \_\_\_\_\_ about forgetting her birthday.
- 50. (invest) They were discussing the plan of \_\_\_\_\_.

## V. GAP FILLING

The following is taken from the textbook. Fill in the numbered gaps with the correct forms of the words in the box (there are more words than necessary). Write your answers on the ANSWER SHEET. (10 points, 1 point each)

eventually	specialize	colony	subject	superior	prior
continue	involve	identify	expense	generally	with

Unlike most of the other non-foolish holidays, the history of April Fool's Day, sometimes called All Fool's Day, is not totally clear. There really wasn't a "First April Fool's Day" that can be pinpointed on the calendar. Some believe it sort of evolved simultaneously in several cultures at the same time, from celebrations (51) \_\_\_\_\_ the first day of spring.

The closest point in time that can be (52) \_\_\_\_\_ as the beginning of this tradition was in 1582, in France. (53) \_\_\_\_\_ to that year, the new year was celebrated for eight days, beginning on March 25. The celebration culminated on April 1. (54) \_\_\_\_\_ the reform of the calendar under Charles IX, the Gregorian calendar was introduced, and New Year's Day was moved to January 1.

However, communications being what they were in the days when news traveled by foot, many people did not receive the news for several years. Others, the more obstinate crowd, refused to accept the new calendar and (55) \_\_\_\_\_ to celebrate the new year on April 1. These backward folk were labeled as "fools" by the general populace. They were (56) \_\_\_\_\_ to some ridicule, and were often sent on "fools errands" or were made the butt (笑柄) of other practical jokes.

This harassment (骚扰) evolved, over time, into a tradition of prank-playing (开玩笑) on the first day of April. The tradition (57) \_\_\_\_\_ spread to England and Scotland in the eighteenth century. It was later introduced to the American (58) \_\_\_\_\_ of both the English and French. April Fool's Day thus developed into an international fun fest, so to speak, with different nationalities (59) \_\_\_\_\_ in their own brand of humor at the (60) \_\_\_\_\_ of their friends and families.

(From *April Fool's Day*)

## VI. SHORT ANSWER QUESTIONS

The following questions are based on Passage 4 in this test paper. Read the passage carefully again and answer the questions briefly by referring back to Passage 4. Write your answers on the ANSWER SHEET. (10 points, 5 points each)

61. Why are the tech companies eventually the biggest money-makers by enabling many girls to vlog?
62. Why does Julia's mother worry about Julia's vlogging?

## VII. TRANSLATION

The following excerpt is taken from the textbook. Read it carefully and translate into Chinese each of the numbered and underlined parts. Write your answers on the ANSWER SHEET. (10 points, 2 points each)

Learning together is a fruitful source of relationship between children and parents. (63) By playing together, parents learn more about their children and children learn more from their parents. (64) Toys and games which both parents and children can share are an important means of achieving this cooperation. Building block toys and jigsaw puzzles and crosswords are good examples.

Parents vary greatly in their degree of strictness and indulgence towards their children. (65) Some may be especially strict in money matters; others are severe over times of coming home at night, punctuality for meals or personal cleanliness. In general, the controls imposed represent the needs of the parents and the values of the community as much as the child's own happiness and well-being.

(66) As regards the development of moral standards in the growing child, consistency is very important in parental teaching. (67) To forbid a thing one day and excuse it the next is no foundation for morality. Also, parents should realize that "example is better than precept". If they are hypocritical and do not practise what they preach, their children may grow confused and emotionally insecure when they grow old enough to think for themselves, and realize they have been to some extent deceived. A sudden awareness of a marked difference between their parents' ethics and their morals can be a dangerous disillusion.

(From *Bringing Up Children*)