

机密★启用前

# 重 庆 邮 电 大 学

## 2018 年攻读硕士学位研究生入学考试试题

科目名称： 翻译硕士英语

科目代码： 211

### 考生注意事项

- 1、答题前，考生必须在答题纸指定位置上填写考生姓名、报考单位和考生编号。
- 2、所有答案必须写在答题纸上，写在其他地方无效。
- 3、填（书）写必须使用 0.5mm 黑色签字笔。
- 4、考试结束，将答题纸和试题一并装入试卷袋中交回。
- 5、本试题满分 150 分，考试时间 3 小时。

I 词汇语法部分 (40 分)

1. 多项选择

A. 选择一项最佳答案将句子补充完整。(共 30 小题, 每小题 0.5 分, 共 15 分)

1. Many a delegate was in favor of his proposal that a special committee \_\_\_\_\_ to investigate the incident.  
[A] were set up [B] was set up [C] be set up [D] set up
2. You would be \_\_\_\_\_ a risk to let your child go to school by himself.  
[A] omitting [B] attaching [C] affording [D] running
3. In recent years much more emphasis has been put \_\_\_\_\_ developing the students' productive skills.  
[A] onto [B] in [C] over [D] on
4. In some countries, students are expected to be quiet and \_\_\_\_\_ in the classroom.  
[A] skeptical [B] faithful [C] obedient [D] subsidiary
5. All the key words in the article are printed in \_\_\_\_\_ type so as to attract readers' attention.  
[A] dark [B] bold [C] dense [D] black
6. People \_\_\_\_\_ that vertical flight transports would carry millions of passengers as do the airliners of today.  
[A] convinced [B] resolved [C] anticipated [D] assured
7. Convenience foods which are already prepared for cooking are \_\_\_\_\_ in grocery stores.  
[A] ready [B] approachable [C] probable [D] available
8. \_\_\_\_\_ before we depart the day after tomorrow, we should have a wonderful dinner party.  
[A] Had they arrived [B] Would they arrive  
[C] Were they to arrive [D] Were they arriving
9. What seems confusing and fragmented at first might well become \_\_\_\_\_ a third time.  
[A] clean and measurable [B] pure and wholesome  
[C] notable and systematic [D] clear and organic
10. The lost car of the Lees was found \_\_\_\_\_ in the woods off the highway.  
[A] vanished [B] abandoned [C] scattered [D] rejected
11. If you want to get into that tunnel, you first have to \_\_\_\_\_ away all the

注: 所有答案必须写在答题纸上, 试卷上作答无效! 第 2 页 (共 16 页)

rocks.

[A] haul [B] repel [C] transfer [D] dispose

12. Recently a number of cases have been reported of young children \_\_\_\_\_ a violent act previously seen on television.

[A] modifying [B] accelerating [C] stimulating [D] duplicating

13. He's watching TV? He's \_\_\_\_\_ to be cleaning his room.

[A] known [B] supposed [C] regarded [D] considered

14. \_\_\_\_\_ the temperature falling so rapidly, we couldn't go on with the experiment.

[A] With [B] For [C] As [D] Since

15. This book is a \_\_\_\_\_ of radio scripts, in which we seek to explain how the words and expressions become part of our language.

[A] collection [B] volume [C] publication [D] stack

16. It was felt that he lacked the \_\_\_\_\_ to pursue a difficult task to the very end.

[A] petition [B] commitment [C] engagement [D] qualification

17. We shall probably never be able to \_\_\_\_\_ the exact nature of these sub-atomic particles.

[A] assert [B] impart [C] ascertain [D] notify

18. Who would you rather \_\_\_\_\_ with you, George or me?

[A] going [B] to go [C] have gone [D] went

19. Among the many subjects in school, mathematics is probably the most \_\_\_\_\_, depending least on a student's background and culture.

[A] universal [B] arbitrary [C] abstract [D] concrete

20. There is no \_\_\_\_\_ to the house from the main road.

[A] access [B] avenue [C] exposure [D] edge

21. Their diplomatic principles completely laid bare their \_\_\_\_\_ for world conquest.

[A] admiration [B] ambition [C] administration [D] orientation

22. Purchasing the new production line will be a \_\_\_\_\_ deal for the company.

[A] forceful [B] tremendous [C] favorite [D] profitable

23. He is the only person who can \_\_\_\_\_ in this case, because the other witnesses were killed mysteriously.

[A] testify [B] charge [C] accuse [D] rectify

24. The \_\_\_\_\_ lawyer made a great impression on the jury.

- [A] protecting [B] defending [C] guarding [D] shielding
25. The European Union countries were once worried that they would not have \_\_\_\_\_ supplies of petroleum.
- [A] proficient [B] efficient [C] potential [D] sufficient
26. The student was just about to \_\_\_\_\_ the question, when suddenly he found the answer.
- [A] arrive at [B] submit to [C] give up [D] work out
27. We didn't know his telephone number, otherwise we \_\_\_\_\_ him.
- [A] had telephoned [B] must have telephoned  
[C] would telephone [D] would have telephoned
28. The supervisor didn't have time so far to go into it \_\_\_\_\_, but he gave us an idea about his plan.
- [A] at hand [B] in conclusion [C] in turn [D] at length
29. Tryon was extremely angry, but cool-headed enough to \_\_\_\_\_ storming into the boss's office.
- [A] prevent [B] prohibit [C] turn [D] avoid
30. Some researchers feel that certain people have nervous systems particularly \_\_\_\_\_ to hot, dry winds. They are what we call weather-sensitive people.
- [A] subjective [B] vulnerable [C] liable [D] subordinate

**B. 选择与所给词意义相近的正确答案（共 10 小题，每小题 0.5 分，共 5 分）**

- ( ) 31. immortality      A. not doing well      B. including much  
C. being alive forever      D. insignificance
- ( ) 32. exclusively      A. largely      B. extraordinarily  
C. necessarily      D. only
- ( ) 33. earnest      A. determined and serious      B. honest  
C. stupid      D. free
- ( ) 34. fantasize      A. realize a dream      B. attain a goal  
C. form strange ideas in mind      D. trust somebody
- ( ) 35. mechanical      A. of machinery      B. of the earth  
C. of equipment      D. of living things
- ( ) 36. errands      A. experiences      B. short journeys  
C. activities      D. important things
- ( ) 37. aspiration      A. great happiness      B. good decision

- C. great motivation                      D. strong desire
- ( ) 38. exemplify                      A. giving an example of                      B. explaining the reason for  
   C. stating the fact about                      D. analyzing the cause of
- ( ) 39. literacy                      A. being able to hear and see                      B. being able to feel  
   C. being able to read and write                      D. being able to touch
- ( ) 40. halt                      A. cause to stop                      B. retreat  
   C. make a choice                      D. aggress

## 2. 填空

用括号内单词的正确形式填空（共 10 小题，每小题 0.5 分，共 5 分）

41. During the financial crisis the \_\_\_\_\_ (tempt) of easy profits was greater than ever before.
42. Settings: Various \_\_\_\_\_ (locate) including a fast-food restaurant, the Thompson family dining room, and an office at a high school.
43. I've made the most \_\_\_\_\_ (glory) dessert.
44. Our families, our community, \_\_\_\_\_ (globe) peace, human welfare.
45. I began to understand why long-term unemployment can be so \_\_\_\_\_ (damage).
46. I watched most of the \_\_\_\_\_ (end) snowstorm of 96 on TV.
47. It was either the \_\_\_\_\_ (erupt) of the people in the stands or the thumb of his landing that brought Michael back to earth.
48. I suppose it has something to do with the appeal of an \_\_\_\_\_ (optimism) approach to life.
49. Her colleagues were afraid to work with her; because she won't tolerate any \_\_\_\_\_ (perfect) in her own or anyone else's work.
50. It is always good to read some English novels in your spare time. If you cannot understand the original, you may read the \_\_\_\_\_ (simple) versions which are also available in the local bookstore.

## 3. 改错（共 10 小题，每小题 0.5 分，共 5 分）

以下每个句子都有一个错误，请指出错误并改正。

51. The president of the company, together with the workers, are planning a conference to solve the inherent financial problems.
52. On entering the house, I was offended by a nasty scent coming from within the kitchen.

53. We strongly suggest that Henry is told about his physical conditions as soon as possible.
54. Computer-analyzed marketing reports can help deciding which products to manufacture now, which to develop for the future, and which to be dropped.
55. The university provides a wide-range of specialized departments, as well numerous courses within such departments.
56. Viewing biologically, the modern footballer is revealed as a member of disguised hunting pack.
57. It also takes rise to blurring of the distinction between science and technology.
58. Frank was definitely not expecting any visitors that afternoon and indeed he had just begun to take a nap while someone tapped lightly on the door.
59. It seems that the progresses of man includes a rising volume of noise.
60. During the early stages of the industrial revolution, perhaps one for every seventh deaths in Europe's crowded cities was caused by tuberculosis.

4. 完形填空（共 20 小题，每小题 0.5 分，共 10 分）

As many people hit middle age, they often start to notice that their memory and mental clarity are not what they used to be. We suddenly can't remember 61 we put the keys just a moment ago, or an old acquaintance's name, or the name of an old band we used to love. As the brain 62, we refer to these occurrences as "senior moments." 63 seemingly innocent, this loss of mental focus can potentially have a(an) 64 impact on our professional, social, and personal 65.

Neuroscientists, experts who study the nervous system, are increasingly showing that there's actually a lot that can be done. It 66 out that the brain needs exercise in much the same way our muscles do, and the right mental 67 can significantly improve our basic cognitive 68. Thinking is essentially a 69 of making connections in the brain. To a certain extent, our ability to 70 in making the connections that drive intelligence is inherited. 71, because these connections are made through effort and practice, scientists believe that intelligence can expand and fluctuate 72 mental effort.

Now, a new Web-based company has taken it a step 73 and developed the first "brain training program" designed to actually help people improve and regain their mental 74.

The Web-based program 75 you to systematically improve your memory

and attention skills. The program keeps 76 of your progress and provides detailed feedback 77 your performance and improvement. Most importantly, it 78 modifies and enhances the games you play to 79 on the strengths you are developing--much like a(n) 80 exercise routine requires you to increase resistance and vary your muscle use.

- |                     |                   |                   |                  |
|---------------------|-------------------|-------------------|------------------|
| 61.[A] where        | [B] when          | [C] that          | [D] why          |
| 62.[A] improves     | [B] fades         | [C] recovers      | [D] collapses    |
| 63.[A] If           | [B] Unless        | [C] Once          | [D] While        |
| 64.[A] uneven       | [B] limited       | [C] damaging      | [D] obscure      |
| 65.[A] well being   | [B] environment   | [C] relationship  | [D] outlook      |
| 66.[A] turns        | [B] finds         | [C] points        | [D] figures      |
| 67.[A] roundabouts  | [B] responses     | [C] workouts      | [D] associations |
| 68.[A] genre        | [B] functions     | [C] circumstances | [D] criterion    |
| 69.[A] channel      | [B] condition     | [C] sequence      | [D] process      |
| 70.[A] persist      | [B] believe       | [C] excel         | [D] feature      |
| 71.[A] Therefore    | [B] Moreover      | [C] Otherwise     | [D] However      |
| 72.[A] according to | [B] regardless of | [C] apart from    | [D] instead of   |
| 73.[A] back         | [B] further       | [C] aside         | [D] around       |
| 74.[A] sharpness    | [B] stability     | [C] framework     | [D] flexibility  |
| 75.[A] forces       | [B] reminds       | [C] hurries       | [D] allows       |
| 76.[A] hold         | [B] track         | [C] order         | [D] pace         |
| 77.[A] to           | [B] with          | [C] for           | [D] on           |
| 78.[A] irregularly  | [B] habitually    | [C] constantly    | [D] unusually    |
| 79.[A] carry        | [B] put           | [C] build         | [D] take         |
| 80.[A] risky        | [B] effective     | [C] idle          | [D] familiar     |

II 阅读理解部分（共 20 小题，每小题 1.5 分，共 30 分）

Text 1

What would you do with 590m? This is now a question for Gloria Mackenzie, an 84-year-old widow who recently emerged from her small, tin-roofed house in Florida to collect the biggest undivided lottery jackpot in history. If she hopes her new-found fortune will yield lasting feelings of fulfillment, she could do worse than read *Happy Money* by Elizabeth Dumn and Michael Norton.



These two academics use an array of behavioral research to show that the most rewarding ways to spend money can be counter intuitive. Fantasies of great wealth often involve visions of fancy cars and extravagant homes. Yet satisfaction with these material purchases wears off fairly quickly what was once exciting and new becomes old-hat; regret creeps in. It is far better to spend money on experiences, say Ms Dumn and Mr Norton, like interesting trips, unique meals or even going to the cinema. These purchases often become more valuable with time-as stories or memories-particularly if they involve feeling more connected to others.

This slim volume is packed with tips to help wage slaves as well as lottery winners get the most “happiness bang for your buck.” It seems most people would be better off if they could shorten their commutes to work, spend more time with friends and family and less of it watching television (something the average American spends a whopping two months a year doing, and is hardly jollier for it). Buying gifts or giving to charity is often more pleasurable than purchasing things for oneself, and luxuries are most enjoyable when they are consumed sparingly. This is apparently the reason MacDonald's restricts the availability of its popular McRib - a marketing trick that has turned the pork sandwich into an object of obsession.

Readers of “HappyMoney” are clearly a privileged lot, anxious about fulfillment, not hunger. Money may not quite buy happiness, but people in wealthier countries are generally happier than those in poor ones. Yet the link between feeling good and spending money on others can be seen among rich and poor people around the world, and scarcity enhances the pleasure of most things for most people. Not everyone will agree with the authors' policy ideas, which range from mandating more holiday time to reducing tax incentives for American homebuyers. But most people will come away from this book believing it was money well spent.

**81. According to Dumn and Norton, which of the following is the most rewarding purchase?**

- [A] A big house [B] A special tour [C] A stylish car [D] A rich meal

**82. The author's attitude toward Americans' watching TV is**

- [A] critical [B] supportive [C] sympathetic [D] ambiguous

**83. McRib is mentioned in paragraph 3 to show that**

- [A] consumers are sometimes irrational  
[B] popularity usually comes after quality



[C] marketing tricks are after effective

[D] rarity generally increases pleasure

**84. According to the last paragraph, Happy Money**

[A] has left much room for readers' criticism

[B] may prove to be a worthwhile purchase

[C] has predicted a wider income gap in the us

[D] may give its readers a sense of achievement

**85. This text mainly discusses how to**

[A] balance feeling good and spending money

[B] spend large sums of money won in lotteries

[C] obtain lasting satisfaction from money spent

[D] become more reasonable in spending on luxuries .

**Text 2**

There are many theories about the beginning of drama in ancient Greece. The one most widely accepted today is based on the assumption that drama evolved from ritual. The argument for this view goes as follows. In the beginning, human beings viewed the natural forces of the world, even the seasonal changes, as unpredictable, and they sought through various means, to control these unknown and feared powers. Those measures which appeared to bring the desired results were then retained and repeated until they hardened into fixed rituals. Eventually stories arose which explained or veiled the mysteries of the rites. As time passed some rituals were abandoned, but the stories, later called myths, persisted and provided material for art and drama.

Those who believed that drama evolved out of ritual also argue that those rites contained the seed of theater because music, dance, masks, and costumes were almost always used. Furthermore, a suitable site had to be provided for performances, and when the entire community did not participate, a clear division was usually made between the "acting area" and the "auditorium". In addition, there were performers, and, since considerable importance was attached to avoiding mistakes in the enactment of rites, religious leaders usually assumed that task. Wearing masks and costumes, they often impersonated other people, animals, or supernatural beings, and mimed the desired effect-success in hunt or battle, the coming rain, the revival of the

Sun-as an actor might. Eventually such dramatic representations were separated from religious activities.

Another theory traces the theater's origin from the human interest in storytelling. According to this view, tales (about the hunt, war, or other feats) are gradually elaborated, at first through the use of impersonation, action, and dialogue by a narrator and then through the assumption of each of the roles by a different person. A closely related theory traces theater to those dances that are primarily rhythmical and gymnastic or that are imitations of animal movements and sounds.

86. **What does the passage mainly discuss?**

- [A] The origins of theater. [B] The role of ritual in modern dance.  
[C] The importance of storytelling. [D] The variety of early religious activities.

87. **What aspect of drama does the author discuss in the first paragraph?**

- [A] The reason drama is often unpredictable.  
[B] The seasons in which dramas were performed.  
[C] The connection between myths and dramatic plots.  
[D] The importance of costumes in early drama.

88. **Which of the following is NOT mentioned as a common element of theater and ritual?**

- [A] Dance. [B] Costumes. [C] Music. [D] Magic.

89. **According to the passage, what is the main difference between ritual and drama?**

- [A] Ritual uses music whereas drama does not.  
[B] Ritual is shorter than drama.  
[C] Ritual requires fewer performers than drama.  
[D] Ritual has a religious purpose and drama does not.

90. **Which of the following statements does the passage support?**

- [A] No one really knows how the theater began.  
[B] Myths are no longer represented dramatically.  
[C] Storytelling is an important part of dance.  
[D] Dramatic activities require the use of costumes.

### Text 3

I live in the land of Disney, Hollywood and year-round sun. You may think people in such a glamorous, fun-filled place are happier than others. If so, you have

some mistaken ideas about the nature of happiness.

Many intelligent people still equate happiness with fun. The truth is that fun and happiness have little or nothing in common. Fun is what we experience during an act. Happiness is what we experience after an act. It is a deeper, more abiding emotion.

Going to an amusement park or ball game, watching a movie or television, are fun activities that help us relax, temporarily forget our problems and maybe even laugh. But they do not bring happiness, because their positive effects end when the fun ends.

I have often thought that if Hollywood stars have a role to play, it is to teach us that happiness has nothing to do with fun. These rich, beautiful individuals have constant access to glamorous parties, fancy cars, expensive homes, everything that spells "happiness". But in memoir after memoir, celebrities reveal the unhappiness hidden beneath all their fun: depression, alcoholism, drug addiction, broken marriages, troubled children and profound loneliness.

Ask a bachelor why he resists marriage even though he finds dating to be less and less satisfying. If he's honest, he will tell you that he is afraid of making a commitment. For commitment is in fact quite painful. The single life is filled with fun, adventure and excitement. Marriage has such moments, but they are not its most distinguishing features.

Similarly, couples that choose not to have children are deciding in favor of painless fun over painful happiness. They can dine out ever they want and sleep as late as they want. Couples with infant children are lucky to get a whole night's sleep or a three-day vacation. I don't know any parent who would choose the word fun to describe raising children.

Understanding and accepting that true happiness has nothing to do with fun is one of the most liberating realizations we can ever come to. It liberates time: now we can devote more hours to activities that can genuinely increase our happiness. It liberates money: buying that new car or those fancy clothes that will do nothing to increase our happiness now seems pointless. And it liberates us from envy: we now understand that all those rich and glamorous people we were so sure are happy because they are always having so much fun actually may not be happy at all.

**91. Which of the following is true?**

[A] Fun creates long-lasting satisfaction.

[B] Fun provides enjoyment while pain leads to happiness.

[C] Happiness is enduring whereas fun is short-lived.

[D] Fun that is long-standing may lead to happiness.

92. **To the author, the role that Hollywood stars play is to \_\_\_\_.**

[A] rite memoir after memoir about their happiness.

[B] tell the public that happiness has nothing to do with fun.

[C] teach people how to enjoy their lives.

[D] bring happiness to the public instead of going to glamorous parties.

93. **In the author's opinion, marriage \_\_\_\_.**

[A] affords greater fun.

[B] leads to raising children.

[C] indicates commitment.

[D] ends in pain.

94. **Couples having infant children \_\_\_\_.**

[A] are lucky since they can have a whole night's sleep.

[B] find fun in tucking them into bed at night.

[C] find more time to play and joke with them.

[D] derive happiness from their endeavor.

95. **If one gets the meaning of the true sense of happiness, he will \_\_\_\_.**

[A] stop playing games and joking with others.

[B] make the best use of his time increasing happiness.

[C] give a free hand to money.

[D] keep himself with his family.

#### Text 4

Come on –Everybody's doing it. That whispered message, half invitation and half forcing, is what most of us think of when we hear the words peer pressure. It usually leads to no good—drinking, drugs and casual sex. But in her new book *Join the Club*, Tina Rosenberg contends that peer pressure can also be a positive force through what she calls the social cure, in which organizations and officials use the power of group dynamics to help individuals improve their lives and possibly the world.

Rosenberg, the recipient of a Pulitzer Prize, offers a host of example of the social cure in action: In South Carolina, a state-sponsored antismoking program called *Rage Against the Haze* sets out to make cigarettes uncool. In South Africa, an HIV-prevention initiative known as *LoveLife* recruits young people to promote safe sex among their peers.

The idea seems promising, and Rosenberg is a perceptive observer. Her critique of the lameness of many public-health campaigns is spot-on: they fail to mobilize peer pressure for healthy habits, and they demonstrate a seriously flawed understanding of psychology.” Dare to be different, please don’t smoke!” pleads one billboard campaign aimed at reducing smoking among teenagers-teenagers, who desire nothing more than fitting in. Rosenberg argues convincingly that public-health advocates ought to take a page from advertisers, so skilled at applying peer pressure.

But on the general effectiveness of the social cure, Rosenberg is less persuasive. Join the Club is filled with too much irrelevant detail and not enough exploration of the social and biological factors that make peer pressure so powerful. The most glaring flaw of the social cure as it’s presented here is that it doesn’t work very well for very long. Rage Against the Haze failed once state funding was cut. Evidence that the LoveLife program produces lasting changes is limited and mixed.

There’s no doubt that our peer groups exert enormous influence on our behavior. An emerging body of research shows that positive health habits-as well as negative ones-spread through networks of friends via social communication. This is a subtle form of peer pressure: we unconsciously imitate the behavior we see every day.

Far less certain, however, is how successfully experts and bureaucrats can select our peer groups and steer their activities in virtuous directions. It’s like the teacher who breaks up the troublemakers in the back row by pairing them with better-behaved classmates. The tactic never really works. And that’s the problem with a social cure engineered from the outside: in the real world, as in school, we insist on choosing our own friends.

**96. According to the first paragraph, peer pressure often emerges as**

- [A] a supplement to the social cure
- [B] a stimulus to group dynamics
- [C] an obstacle to school progress
- [D] a cause of undesirable behaviors

**97. Rosenberg holds that public advocates should**

- [A] recruit professional advertisers
- [B] learn from advertisers’ experience
- [C] stay away from commercial advertisers
- [D] recognize the limitations of advertisements

98. In the author's view, Rosenberg's book fails to

- [A] adequately probe social and biological factors
- [B] effectively evade the flaws of the social cure
- [C] illustrate the functions of state funding
- [D] produce a long-lasting social effect

99. Paragraph 5 shows that our imitation of behaviors

- [A] is harmful to our networks of friends
- [B] will mislead behavioral studies
- [C] occurs without our realizing it
- [D] can produce negative health habits

100. The author suggests in the last paragraph that the effect of peer pressure is

- [A] harmful
- [B] desirable
- [C] profound
- [D] questionable

III 英语写作部分 (30 分)

1. 信息补全写作 (20 分)

根据作文题目以及所给出的段落开头信息, 补全所缺信息, 使之成为不少于 300 词的文章。

**Information Security**

1. The information industry develops very rapidly. \_\_\_\_\_
2. In case of information breach(泄露), there are victims of various kinds. \_\_\_\_\_
3. Then how to deal with this issue? Firstly, \_\_\_\_\_  
\_\_\_\_\_
4. Furthermore, \_\_\_\_\_
5. In conclusion, \_\_\_\_\_

2. 摘要写作 (10 分)

阅读以下文章, 完成 100 词左右的英语摘要。

New Year's resolutions—I've made them, broken them, and returned to try again. Whether it was losing weight, eating healthier, or not biting my fingernails, each new resolution began with great determination, only to fade as the days and weeks of the New Year passed.

Last December, I decided to focus on something very different. Through the process, I gained a unique perspective on what matters most in my life and a simple tool that can lead me to greater happiness.



I am the mother of three adult children with special needs, who are still living with us. I have also recently been diagnosed with a neurological disorder that affects my ability to do many of the things that I have enjoyed over the years. It is very easy to become mired in discouragement. I hate to admit it, but I have held several “pity parties” and sadly invited many family members and friends to attend. This is where I found myself last year at resolution-making time. I knew that I needed to do something different.

I started reflecting about the time when my children were young. During those years, my husband and I consciously made a point of remembering what we called “golden moments”. The day my son finally learned to tie his shoes, at seventeen, was one of those times. It was definitely a golden moment. During my children’s youth, I held tight to the memory of special times, successes, and joys. I tucked them away in my mind to be pulled later during moments of discouragement, when things were not going well.

So as the New Year began, I resolved to once again consciously look each day for golden moments, for special blessings, for everyday occurrences that led me to a sense of gratitude and wonder. The marvelous thing was they were everywhere.

One day as I was out walking downtown, I became discouraged about my difficulties with walking and my need to use a cane. As I was grumbling to myself, I looked across the street and saw a man in a wheelchair with no legs. This may seem like an overused cliché but it reinforced for me the fact that perspective plays a pivotal role in my attitude and ability to face adversity.

When I received invitations to friends, children’s college graduations, weddings, and baby showers, I felt sad that my children might not experience the same things. But then I reflected that they were all good and caring people who brought great joy to my days. Our life wasn’t bad; it was just different.

As time went by, I realized more and more that it was the simple things that were making the biggest difference for me. I found myself pausing to enjoy a beautiful sunset or a mother bird building a nest outside my living room window. I saw a person’s kindness as a dear gift.

I guess you could say that I made it my resolution to play the “Glad Game”. You know the one, from the movie Pollyanna; where even in the most difficult situations, Pollyanna finds something to be glad about. There are probably many people who



would scoff and declare this is a saccharine-coated way of dealing with life. My answer to them would be, “Why not? Why in this world of trouble and heartache should I not want to consciously choose to seek a better vision, a more grateful heart?”

Am I good at it all the time? Definitely not! I still get discouraged from time to time. I still find the negative creeping back. But the wonderful thing about this type of resolution is that even when I falter or slip a little, I can easily pick it back up again and go forward. All it takes is pausing for a moment to look around me and recognize the simple, pure pleasures and blessings in each day.