

College English Test

Band Four

大学英语四级考试

阅读与翻译

100%

All First

In

Reading

And

Translation

 吉林大学出版社

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Reading

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阅读与翻译

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吉林人民出版社

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 吉林大学出版社

图书在版编目(CIP)数据

大学英语四级考试阅读与翻译百分百 / 史冬梅, 孙威

编著. — 长春: 吉林大学出版社, 2002.11

ISBN 7-5601-2773-8

I. 大… II. ①史… ②孙… III. 英语-高等学校
— 水平考试—自学参考资料 IV. H310.42

中国版本图书馆 CIP 数据核字 (2002) 第 081813 号

大学英语四级考试阅读与翻译百分百

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责任编辑: 杨 枫

封面设计: 李立嗣

吉林大学出版社出版
(长春市明德路3号)

开本: 850 mm × 1168 mm

印张: 9

字数: 304 千字

吉林大学出版社发行
吉林省通榆县鹤鑫彩印厂印刷

1/32

2002 年 11 月第 1 版

2002 年 11 月第 1 次印刷

印数: 1-5,000

ISBN 7-5601-2773-8/H · 255

定价: 10.00 元

前言

阅读和翻译是大学英语课程的主要培养目标,同时又是大学生毕业后获取本专业所需信息的主要手段,因此,最新修订的大学英语教学课程标准把四级的阅读速度提高到 70WPM;要求四级英译汉能翻译难度与课文相仿的英语文章,译速需达每小时 300 个词,汉译英则要求能将内容熟悉的汉语译成英语。而在大学英语考试试卷构成中,各部分的得分经过加权处理,阅读和翻译的得分权重最大,两项相加权重系数占总分值的 55%,并且阅读与翻译相关于同一篇文章,是不同层次,不同角度的理解。无疑,CET4 在文章的题材和设题的方式上要增加难度,所以考生不可等闲视之。基于此,我们依照 CTE4 范型卷,把阅读与翻译放在一起讨论、分析、训练,既能加强考生对两个题型的认识,又能提高阅读与翻译的整体水平和应试能力,巧妙地解决了长期的素质教学和短期的应试教学之间矛盾。

本书根据最新的大学英语四级考试改革精神编写,具有如下特点:

一、技巧点拨,高屋建瓴。阅读部分提出实战与备考结合的方法,主张阅读基本技能的掌握和有效阅读策略的利用,并且适时介绍经验法,旨在了解无效阅读策略,提高分数;英译汉部分重磅阐述三大原则规律,深入浅出,对学习、应用和应试都有实际的指导意义。

二、试题精选,妙趣横生。所选短文注重信息的古典性和新颖性,即追求信息的永恒性价值和知识的充电作用,同时关注原文遣词、造句、谋篇、逻辑和文采上的质量,使读者不但得到应战、实战的训练,还能铭之于心,即学即用,可谓一箭双雕,给大学英语学坛与考坛吹进一缕清新之风。

三、题解详实,无师自通。本书没有采取简单附上答案的办法,而是在解题思路、答案落点上不惜笔墨,供读者揣摩体会,以期应考时心有灵犀,游刃有余。

付梓在即,仍恐疏忽,诚望读者批评指教。

编者于二〇〇二年十一月

《大学英语四级考试阅读与翻译百分百》

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第一篇 技巧

第一章 阅读理解

阅读是一种技能,阅读理解测试是一种综合性语言能力测试,它包括阅读理解和阅读速度两个方面。大学英语四级考试由于阅读理解部分的内容分量重、卷面比重大,成为考试的重点和难点。实际上,一定的词汇量和娴熟的语法分析能力是保证阅读理解的基础,而基本的阅读技巧和方法会有助于提高阅读理解的能力和速度,所以,这就要求考生在扩大词汇量、提高速度的基础上进一步提高阅读能力和掌握一些阅读技巧。下面我们从备考、解题、经验三个角度谈谈规律和对策。

第一节 实战备考法

阅读理解测试涉及到语言技能和阅读技巧两个方面,因而没有必要硬性区分阅读实践与阅读测试,实际上阅读测试内容广泛,体裁多样,涉及文化教育、科技卫生、政治经济、人文地理、掌故习俗等方方面面,涵盖说明文、议论文、论述文等文体,我们完全可以把阅读测试的文章当作扩大词汇量,提高阅读技巧、涉猎实用知识的手段,所以我们说,备考即实战、实践。从中考考生可以培养良好

的阅读习惯,掌握重要的阅读方法,熟悉实用的考试技巧以及了解英语语言特点和西方文化背景,达到考试与实践双赢的效果。

1 培养良好的阅读习惯

习惯是久而久之养成的,因而无论是平时兴趣阅读,还是备考练习都应重视良好阅读习惯的培养。

1)训练视力:阅读靠视力摄取文字符号,通过大脑进行解码和编码,将文字符号转换成可理解的信息。因此,视力直接影响阅读效率。要发挥视力的作用,应扩大视幅。视幅是指眼睛停留一次上下左右能看清字行的最大幅度。阅读过程,人们的目光并不是在一行文字上连续运动,而是微波式地由左向右移动。每隔一定的距离有短暂的停顿,这对眼睛休息、大脑消化都十分有益。所以,扩大视幅,聚中视焦,十分重要,而摇头晃脑,往往影响视力发挥作用,应当克服。

例如, Contrary to expectation, they met with little resistance to the plan. 这种阅读速度是可想而知的,而且读者很难对一个句子作出完整的理解。而善于阅读的读者就会根据意群进行阅读, “Contrary to expectation, they met with little resistance to the plan.” 这种阅读的注视域要比第一种方式阅读的大得多。读者不仅仅在阅读速度上加快,而且对句子的理解也会更完整、更彻底。所以阅读速度和阅读能力是密切相关的。

2)克服声读:声读比视读速度慢得多。默读也是一种声读,只是表面不出声,但发音器官仍处于紧张状态,通过嘴唇活动,能观察到,甚至能用仪器测出发音器官的活动。所以默读实际上是“头

脑潜在的声读”。无论声读还是默读,都会延长文字信号转换为信息的编码过程,阅读速度因此受到限制。这一点可通过有意识闭嘴等办法来克服。自然,声读有时是需要的,但不适用于快速阅读和阅读理解考试。

3)克服逐字读:逐字阅读,指用手指指着读,人为地限制视线移动速度,影响阅读效率。正常情况阅读理解是以意群(包括词组、短语等)为单位的,而不是单个的词;是通过过渡词语的连接取得思维逻辑连贯。阅读保持适当的速度,有利于大脑闪现的印象进行组合;速度过慢,前读后忘,也会给阅读理解造成困难。实际上,文中的词语所传达的信息不会总是同等重要的,跳过某些词、句,并不影响获取主要信息,重要的是要迅速确定要旨词。如:My dear old friend Mr. Wang has a big black dog. 这句话抓住 Wang has a dog. 就抓住了主要信息。

2 掌握基本阅读方法

阅读总是要有一定目的。我们有时阅读仅是为了知其梗概,有时要尽快查找到某种信息或数据,有时则要求彻底领会文章的全部内容。因此,必须根据不同的阅读目的采取相应的阅读方法。一般来说常用的基本阅读方法有略读、查读和细读,而这些方法在阅读理解测试中的作用也不可小视。

1)略读(skimming):在一篇文章中,并不一定所有的材料都是同等重要的,因此,在阅读过程中,善于阅读的读者就会根据需要变化阅读速度。略读就是以最快的速度掌握所阅读材料中的主要内容和主要观点。所以在略读的过程中,一篇文章的第一段和最

后一段要仔细阅读,因为一般情况下,第一段提出文章的中心观点,起着介绍、引导的作用;最后一段是结束段,起着概括、总结文章观点的作用;而每一段的第一句和最后一句也分别起着引导和概括的作用。所以每一段的第一句和最后一句也要仔细阅读。其它部分就可以略读。略读的速度很难作出统一的标准,通常情况下比正常阅读速度要快一倍,以尽快地找出重要的事实或重要的细节为标准。

请用略读法迅速阅读下面一篇短文,然后根据短文内容做后面的判断是非题。

When the time for a general election approaches, candidates who wish to be elected travel around with loudspeakers and hold meetings.

They hold meetings before the election because they wish to appeal the electorate. They wish to present to the public what they consider to be suitable programme for legislation when and if they are elected, and they seek to show why their programme should be chosen in preference to that of their opponents. The candidates are in this way seeking to influence public opinion.

Holding a meeting is probably the simplest form of influencing public opinion, but it is still a very important method. The speaker faces his audience which is then able to gauge his honesty and sincerity. In these days of political parties, it is more the political party that wields the greater influence, rather than the individual speaker and what he has to say. Nevertheless if as a speaker he is unimpressive he may do a lot to reduce his party's chances in the election.

Great big public meetings are not the only means of influencing public opinion. Every time people assemble in a group and discuss some matter they are employing a method of forming and persuading opinion. In a democracy it is important that there should always be this attempt to get some expression of opinion even among the humblest people. When people meet and formulate opinion they are really helping to govern themselves. So this method of assessing and gauging public opinion and thereby arriving at an agreement is of the greatest importance.

Question: True or False:

1. Candidates travel around with loudspeakers to welcome the approach of election.

2. Candidates hold meetings to influence public opinion for the purpose of being elected.

3. At meetings candidates present their political policies.

4. People can judge the speaker's honesty and sincerity at a meeting.

5. What a speaker says has not much influence on his party.

6. A candidate should try to get his opinion known to everybody even to the humblest people.

7. A group of people can form the similar opinion.

8. Speaking loud is of great importance in influencing public opinion.

根据短文内容可以判断, 2、3、4、6、7 题都是正确的, 而 1、5、8 题是错误的。

2)查读(scanning):我们常常查辞典、查资料,目的是查寻我们所需要的词或信息,这种查寻具体的信息的方法就是查读。

查读并不是无目的地乱翻阅,我们应当根据阅读材料的知识结构查阅。如辞典、百科全书等是根据字母的顺序编排的,而电视节目预告或音乐会的节目表是根据时间顺序排序的。事实上,任何阅读材料的组织结构都是有规律的。因此,我们在快速查阅之前要先花一、二分钟的时间浏览一下阅读材料的组织结构。

若在一篇文章当中查找具体的信息,除了注意文章的组织结构外,还应当注意问题中的关键词。如:What happened to Tom on May, 2nd? 这一问题中的关键词是“May 2nd”,只要找到了这两个词,我们就一定会从这两个词所在的句子或上、下句找到答案。再如:The writer was astonished at _____. 这个问题的关键词是“astonished”或是“shocked”,“greatly surprised”等意义相近的词。关键词通常是表示时间,地点或人物或特征的词。请读下面一篇短文。

Healthy Americans can get enough protein, vitamins, and minerals by eating a wide variety of foods from the major food groups. This fundamental tenet(信条) of nutrition was recently echoed in the Research Councils new edition of Recommended Dietary Allowances (RDAs), which lists the amounts of nutrient that should meet the nutritional needs of healthy people of all ages. The authors of the report stress that an individual can meet the RDAs simply by following a common sense diet that includes a variety of foods.

This 10th edition of the RDAs, the first update since 1980, lowers

the allowances for several vitamins and minerals, establishes RDAs for the first time for vitamin K and selenium, tells smokers they need more vitamin C than non-smokers, and advises young adults to age 25 to consume plenty of calcium to protect them from osteoporosis in later life.

In preparing the new allowances, a five-member subcommittee of the Research Council's Food and Nutrition Board lowered some nutrient levels on the basis of new scientific findings and reinterpretation of some older data. Recent research, it said, indicated that healthy people can maintain good health on smaller amounts of some vitamins and minerals than experts had previously thought.

The subcommittee stressed that the RDAs are "most appropriately" used in assessing the nutritional status and needs of groups, rather than individuals, in fact, exceed the needs for most healthy people in order to cover individuals with above-average requirements for any nutrient.

Questions:

1. Healthy Americans eat _____.

A. some foods from the major food groups

B. all of the foods from the major food groups

C. foods they like best

☒ D. various kinds of foods from the major food groups

2. The authors of the report stress that _____.

☒ A. a person can meet the RDAs only by having a variety of foods

B. a person can meet the RDAs simply by lowering the allowances for

several vitamins

C. a person can meet the RDAs by increasing several minerals

D. a person can meet the RDAs by eating several kinds of foods

3. The new ideas in the 10th edition of the RDAs are included except _____.

A. absorbing vitamin K and selenium

B. more vitamin C needed for smokers

C. plenty of calcium for young adults

☒ D. more osteoporosis for young adults

4. Recent research indicated that _____.

A. healthy people needed small amounts of vitamins and minerals

☒ B. healthy people could keep healthy on smaller amounts of vitamins and minerals than experts had thought

C. what experts had previously believed was quite wrong

D. experts had changed their ideas about health

第一个问题的关键词是“Healthy Americans”，因为这个问题是有关健康的美国人吃什么的问题，从这两个词所在的句子，我们不难找到这个问题的答案是D。第二个问题是关于报告的作者所强调的问题，关键词是“The authors of the report”，所以这个问题的答案是A。第三个问题是有关RDAs第十版的新观点的，所以关键词是“the tenth edition”。第四个问题是有关现代研究新发现的，所以我们要在文章中迅速查找“Recent research”，据此可知这个问题的正确答案是B。

一旦找到了我们所需要的信息或关键词所在的位置，就应当

迅速阅读,尽快地查出我们所需要的信息。除了速度以外,查阅的准确性,也是十分关键的。地方找到了,结果却查错了,也是徒劳的。这类问题在阅读理解题中是最简单的,所以,在做这类题时,一定要保证百分之百的准确性。

3)细读(study reading):为了掌握文章的全部内容,了解其细节,领会文章的用意和作者的态度而进行的阅读,我们称之为细读。学习一篇英语课文,对专业论文的研究和探讨,都要用细读。细读时,要注意以下几点。

第一,细读时既要注意准确,也要提高阅读速度。细读是一种正常阅读,而略读和查阅都是选择阅读。细读时,要求读者把文章从头至尾地看下来,而略读与查阅只选择文章的一部分阅读,所以细读要比略读与查阅花费更长的时间,但这并不是说细读就是慢读。在细读时,保持一定的阅读速度,才能达到高效率的阅读效果。

保持一定的阅读速度应包括(1)遇到生词和难理解的地方,应当继续看下去,下文往往可以阐明其含义。(2)立足于一遍即能理解全部内容,不要时时回头阅读。(3)要培养按意群一组一组地视读和注意关键词的习惯。

请读下面一篇短文:

The 435 seats in the House of Representatives, plus one-third of the 100 Senate seats, are up for election every two years. For candidates to the House of Representatives, success in the primary may well mean triumph in the general election. This is because many representatives are elected from one-party districts—usually defined as areas in

which one political party always wins at least 55 percent of the vote and the other never obtains more than 45 percent. A majority of the congressional districts are of this type and victory in the primary normally determines who will be elected to office. "Safe" one-party Senate seats are relatively rare, however—most states are "competitive", meaning that the election is a real contest.

Another factor that plays a major role in the election of members of Congress is *incumbency*. An *incumbent* is a person who is already in office. Incumbency is a significant force. In the 1976 election only 13 House incumbents lost their seats. In 1980 the figure was somewhat higher—31 of the 392 incumbents seeking reelection were defeated.

Incumbents have certain built-in advantages over their challengers. They are better known in their districts, can send out mail at no charge (a privilege of members of Congress), and have a core of supporters who can be called upon to work during the campaign. As a result, many senators and representatives have long careers serving in Congress.

In presidential election years another factor—the so-called coattail effect—may influence the outcome of congressional elections in competitive districts and states. A popular presidential candidate may help House and Senate candidates who are running on the same party ballot get elected. The 1980 election illustrates this effect. Reagan's triumph in the presidential election helped produce a net gain of 33 Republicans in the House of Representatives and 12 in the