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毛荣贵 张荔 张韧弦 编著

大学英语六级考试

# 综合阅读成功教程

(科技篇)

金版

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毛荣贵 张 荔 张韧弦 编著

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## 前 言

君不见，步入书店，徜徉书城，只见半壁江山被《模拟试题》和《应试指南》一类的英语应试书籍所占。

题海横流，涛声可闻；学子击水，浪遏飞舟。

常有学生问：四、六级考试在即，只有两个月的时间了，应该选择哪些参考书？

这可不是一两句话能够回答的问题。

在对英语应试书籍作了一番市场调研和学生问卷调查后，我们发现，此类书籍一般可分两类：

一类仅能供考生“临时抱佛脚”之用，是“短平快”的角色。考试结束，铃声一响，此类书籍也就完成历史使命而“寿终正寝”。它们给考生头脑所留下的，充其量是若干乏味的语法条文和一些所谓应试“谋略”而已。

另一类书籍，着眼应试，更着眼长远。它们如同循循善诱的学者，在作紧张的应试训练的同时，仍不忘引导学子步入英语大观园，指点英语江山，激发学习兴趣，洞悉英汉之别，解析词汇奥妙，传授写作技巧，介绍翻译心得。

就数量而言，前者车载斗量，后者，则寥若晨星，这是不是中国书市一憾？

后者，考前是“宝”，它们教学子从容应试，考后也不是“草”，它们仍将在学子心中播洒英语学习的种子；仍将启发学子去品味隐形于字里行间的英语馨香；仍将带领学子去领略英语世界的万种风情，而走向“一览众山小”的求学境界。

从学习英语的根本目的出发，**test-oriented**或**certificate-oriented**的书籍只能治英语学习之标，而只有**proficiency-oriented**或**English-learning-oriented**的书籍才能治英语学习之本。

编写一套这样的兼顾应试和学习的丛书，我们存此心久矣！然

而，这样一套书籍的问世，谈何容易！

它，需要几个方面的结合。

首先，就编者而言，这套丛书不是哪一个教授可以“闭门造车”而成。这需要对英语教学和研究有高屋建瓴认识的学者和在大学英语四、六级应试战役中“摸爬滚打”多年的实战型教师的结合。

其次，还须有编者和编辑的结合，这位编辑应该对大学英语四、六级考试洞若观火，对出版工作孜孜敬业，对浩如烟海的书市心有灵犀。

再次，就书籍的编撰而言，还应该科学选材和精彩栏目的有机结合。所谓科学选材，指所选文章，不应该是“陈年谷子烂芝麻”，而应在内容和语言两个方面标举一个“新”字；所谓精彩栏目，指文章前后设立的专栏，应该是一个出色的导游，一名循循善诱的老师，让学子双目一亮，领读者寻幽探胜。这样的书，不仅英语知识的“含金量”高，而且能够点到英语学习的要害，满足莘莘学子的求学渴念并能成功诱发强烈共鸣。用俗话说，那就是“挠痒挠到痒处”。

.....

2000年10月19日，对本套丛书而言，是一个不应忘记的日子。吉林大学出版社的杨枫先生千里迢迢，来到上海交通大学毛荣贵教授家里。清茶一杯，两人相对而坐，一个多小时的谈话，令双方慨叹“相见恨晚”！当即决定携手为学子编写出版一套形为 **test-oriented** 或 **certificate-oriented**，而实为 **proficiency-oriented** 或 **English-learning-oriented** 的书籍！

于是，就有了今天这套摆在读者面前的《金版大学英语四、六级考试综合阅读成功教程》。

.....

本套丛书按大学英语四、六级考试大纲的要求和文章内容分为四册。每册五十篇短文，篇篇精彩！这些文章有些来自因特网，有些是美国友人推荐的。它们如同一扇扇窗口，映着一道道风景。

入选文章总体可分两类：琳琅满目的社会新闻和日新月异的

科技信息。文章遣词造句简洁、明朗、地道、高效，洋溢着时代气息，折射了现代英语的发展趋势。

每篇短文前配有中文导读，寥寥数语，或发人深省，或博你一笑，或提纲挈领，或指点迷津。我们称之为 **warming-up reading**。

为了训练和检测读者的阅读情况，每篇文章后配有“**名题精编**”栏目。编写时既考虑到与大学英语四、六级考试题型接轨，又有针对文章有关语言点训练应试者词汇和语法技能的题目，共分词项选择（区别同义词、学习新词）、搭配连线（考察词汇搭配能力）和辨别改错（主要训练语法）三大类。同时打破按内容先后设题的传统做法，而是从易到难编排，文后不仅附有答案，还有答题思路点拨，使读者知其然并知其所以然。

本套丛书的编写原则是：以英语阅读为出发点和根本点，培养读者的英语综合运用能力。因此，每篇文章后另设三个新意拂面的专栏。它们是：

**词汇撮萃：**针对文章出现的若干重要词汇进行梳理归纳，甄别比较，除了可以初步学到英语词汇学的基础知识之外，还可以学到一些记忆词汇的方法；

**写作揽胜：**萃选文章中的佳句，紧扣文章对其在遣词造句、篇章布局上的独到之处详细加分析，结合学生英语写作的弱点及难点，纵横论述；

**翻译指津：**以文章中的难句为范例，提供译文，并演绎形形色色的翻译技巧，或亮出译者间的商榷和讨论，或简述翻译的理论，帮助学子在比较中作出鉴别、在品味中体验技巧。

除两位主编（上海交通大学外国语学院英语系毛荣贵教授和复旦大学外文系张韧弦先生）之外，中南大学外国语学院英语系的范武邱副教授、苏州大学外国语学院英语系的吴静副教授、毕业于上海交通大学英语系，在江南大学执教10年后又考入母校攻读硕士学位的张荔老师、浙江台州师范专科学校的黎昌抱副教授、华中师范大学英语系的教师苏艳硕士、上海交大外国语学院英语系的蒙晓虹和王红硕士等，应邀参加了本套丛书的编写工作。他们大多具有丰

富的大学英语四、六级考试的教学经验，并在编写的过程中敬业务实、刻苦钻研、克服困难，为丛书的实用性、权威性和趣味性增色不少。

本书不仅是上海、湖北、湖南、江苏、浙江等地一群学者通过email精诚合作的成功作品，而且其中也渗入了美国教授的心血。费城的Dorine Huston教授，西雅图的Rosemary Adang和Bill Hofmann教授也在大洋彼岸伸出了援助之手，他们跨越虚拟空间，不仅提供了许多精彩短文，而且为我们扫除了许多俚语、社会背景或文化背景等方面的“拦路虎”。

值得一提的是，吉林大学出版社的杨枫先生在本书的编写过程中多次和我们用电话和电子邮件联系，甚至在家人出车祸时仍坚持和我们商讨定稿的最后事宜。他的热情、真诚和敬业精神令我们深受感动，给我们注入了“越编越好，编出精彩”的信心。可以毫不夸张地说，没有我们之间真诚的合作，本套丛书就不可能有今天的成功！

最后，本丛书的两位主要编者想借一点篇幅对他们的师友、家人和同事表示诚挚的感谢。如果没有他们的支持、协助、鼓励、安慰、耐心和分担寂寞，两百篇未经加工的原文可能至今仍静躺在硬盘的某一角落。

协助本书编写工作的有：姚蔷珍、毛竹晨、陈衡、陆小鹿等同志，在此向他们表示最衷心的感谢！

当然，对本套丛书最有权威的评判者不是编者，也不是出版者，而是使用此书的广大读者。我们真诚地期待着读者的批评和指教，以期把我们今后的工作做得更出色。

毛荣贵 张韧弦  
2001年2月于上海

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## Childbirth Can Trigger Post-Traumatic Stress

By Patricia Reaney

精神创伤通常都是与天灾人祸相连,但没有想到生孩子也会给妇女造成精神上的负面影响。现代心理学对分娩的研究告诉我们:十月怀胎,一朝分娩。说起来简单,而实行起来,却远非我们想象的那么简单。读完此文,每一个做孩子的能倍感“母爱”二字之份量。

*Labor and childbirth can trigger post-traumatic stress symptoms usually associated with war or other violence, British psychologists said on Friday.*

They suspect that up to three percent of mothers may suffer from fear, anxiety, recurrent nightmares, intrusive thoughts and flashbacks weeks after the birth, especially if the pregnancy was unwanted or the woman feared for her own safety.

The symptoms can be severe enough to deter some women from having more children.

“These sort of post-traumatic stress symptoms had been thought to be likely to occur when people had experienced events outside of the range of normal experience,” said Dr Pauline Slade, a psychologist at Sheffield University in northern England.

labor: 分娩 post-traumatic: 外伤后的 recurrent: 反复出现的 flashback: 回

想 deter: 阻止

HINT BANK

想 试读结束: 需要全本请在线购买: www.ertongbook.com

15 "It now seems that normal events such as labor may trigger such responses."

It's no secret that giving birth is no picnic. The agony women endure is well documented but Slade's research in the British Journal of Clinical Psychology is the first large-scale study to *liken* the experience to trauma.

20 "They are situations that have involved high levels of fear and the possibility of harm," she added in a telephone interview.

25 Surprisingly, Slade said the length of labor, degree of pain or type of intervention did not seem to be factors in whether a woman would suffer from trauma symptoms of the kind usually treated with psychological interventions.

Much more important was how women perceived the labor and birth, along with pre-existing or long-term issues.

30 "For example, if women felt they experienced very low levels of control of what happened during labor, or if they felt high levels of fear for their own well-being, they were more at risk," Slade said.

35 Unplanned pregnancies, unaccompanied labor and birth and previous mental health problems were also contributing factors.

40 Slade and Dr Jo Czarnocka assessed 264 women within 72 hours of a normal birth and six weeks later. A quarter of the women had some symptoms such as *wariness*, *edginess* or irritability during the second assessment. Three percent had severe post-traumatic stress symptoms.

"We need to have an understanding that *post-natal* distress may be rather broader-based than we had previously thought," Slade said. ■


 词汇撷萃
 

The symptoms can be severe enough to *deter* some women from having more children. (L8-9)

**discourage, deter, dissuade, divert** 都是指通过某种说明方法来改变另外一个人的行动或计划。

**discourage** 表示通过降低一个人的行动热情削弱他的意志来阻止。

The matter discouraged the student from enrolling for an extra course because the student was already overworked. 老师劝阻学生不要报名选修额外的课程，因为他已经负担过重。

**deter** 的语气比 **discourage** 强烈，意思是考虑到存在着危险，困难或无把握等因素，对行为加以阻止。

Few penologists believe that the death penalty deters the committing of a murder. 几乎没有刑法学家相信死刑能阻止谋杀的发生。

**dissuade** 指通过提供得体的建议，甚至更好地利用某人的习性，来温和地使某人转变立场而同意你的观点。

When he became furious with his boss, I dissuade him from rushing in to submit his resignation. 当他对老板大发雷霆时，我劝阻他不要急忙进去提交辞职书。

**divert** 把注意力从一件事转向另一件事，较少涉及实际的劝服，而更多地涉及到转移注意力。

If you wish to divert a small child from littering the living room with his toys, you may suggest him that it would be fun if he would help you unpack the groceries in the kitchen instead. 如果你想转移一个小孩的注意力不让他起居室里乱扔玩具，你可以建议他，如果他能帮助你在厨房里打开副食品的包，那也很好玩的。


 翻译指津
 

The agony women endure is well documented but Slade's re-

search in the British Journal of Clinical Psychology is the first large-scale study to liken the experience to trauma.(L17-20)

试译: 妇女所经历的苦恼是完全被证明了的, 但是英国临床心理学杂志上刊登的斯奈德的研究是第一次大规模研究, 就象一次心理创伤的经历一样。

翻译时, 学生有时因为对词义缺乏确切的把握而影响译文的准确性。原文中的 **liken** 一词, 貌似简单, 其实不然。因为我们对 **like** 一词十分熟悉, 思维定势将误导译者将其译为“如同, 象……一样”。事实上, **liken** 是一个及物动词, 与 **to** 一起使用, 是“把……比做”的意思。如:

He likened the revolution to the movement of waves. 他把革命的进程比做波浪的涌动。

We likened the archeologist to a detective searching for ancient clues. 我们把考古学家比做探究古代线索的侦探。

改译: 妇女所忍受的痛苦是有案可稽的, 但是英国《临床心理学》杂志上刊登的斯奈德的研究是首次将这一经历比作心理创伤的大规模研究。



## 写作揽胜

For example, if women felt they experienced **very** low levels of control of what happened during labor, or if they felt high levels of fear for their own well-being, they were more at risk.(L34-33)

表示程度强化的形容词修饰语最普通的是用 **very, very very, so** 来表示。例如:

It's **very (very)** cold. 天非常冷。

但是, 如果在英语写作中一味地使用 **very**, 我们的行文是否也太单调了些? 其实, 我们还可以用 **exceedingly** 表示程度的强化, 比如:

They were **exceedingly** kind. 他们非常友好。

此外, 用另外一些感情色彩的副词来增强形容词的语义程度也很精彩。这类副词包括 **absurdly, amazingly, awfully, deeply, entirely, extremely, fearfully, highly, perfectly, sharply, strikingly, terribly, too, totally, unbelievably** 等。如:

The night was **amazingly** calm. 夜静得出奇。

He was sick of that **awfully** bad weather. 他讨厌糟糕透了的坏天气。

He is **deeply** concerned about her health. 他极其关心她的健康。

They are fearfully talented people. 他们才华横溢。

The boys in my class are highly intelligent. 我班上的学生非常聪明。

He is a strikingly handsome young man. 他是一个极英俊的年轻人。

The old man was terribly nervous. 老人非常紧张。

总之,在表达程度时,若能选择使用一些富有感情色彩的词,将增强文采。

## 名题精编

### I. READING COMPREHENSION

Directions: There are four choices marked A), B), C) and D) in the following questions or unfinished statements. You should decide on the best choice based on the text.

- The post-traumatic stress symptoms are usually related to \_\_\_\_\_.  
A) hard labor      B) childbirth      C) disaster      D) violent action
- According to Dr. Slade, all the following are true EXCEPT that \_\_\_\_\_.  
A) the post-traumatic stress symptoms might be caused by unusual events  
B) childbirth is outside the range of normal experience  
C) a woman would not necessarily suffer from normal trauma symptoms in case of difficult labor  
D) a woman's state of mind during pregnancy is much more important
- Overall, researchers' tone is best described as \_\_\_\_\_.  
A) emphatic      B) suspicious      C) worried      D) indecisive

### II. VOCABULARY AND STRUCTURE

#### A. MULTIPLE CHOICE

Directions: Choose A), B), C) or D) from the following items so that the sentences are appropriate.

- The Central Processing Unit is usually \_\_\_\_\_ the heart of the computer.  
A) compared with      B) contrasted by  
C) liked to      D) likened to
- In the past several decades, the population of that small town has reached \_\_\_\_\_ 1 million.  
A) forward to      B) upward to      C) up to      D) inward to
- The two football players would have continued to quarrel without the judge's

- A)judgment      B)intervention      C)arbitration      D)interruption

## B.MATCHING

Directions:Draw a line between an item in the left column and one in the right column so that the collocation is natural and acceptable.

- |                  |        |
|------------------|--------|
| 7. fear          | A)from |
| 8. deter ...     | B)for  |
| 9. associate ... | C)off  |
| 10. liken ...    | D)with |
| 11. trigger      | E)to   |

## C.ERROR CORRECTION

Directions:In either of the following sentences, there is one underlined part that is not appropriate. Please identify and correct it.

12. It was not surprise that the president resigned from office after a series of  
A B

scandals had been revealed.

- C D

13. I suspect whether he will be very disappointed after reading the letter  
A B

because I can judge from the envelope that he is refused again.

- C D

## NOTES

1.D 2.B 提示: 虽然分娩属于正常事件(选B),但不能说明非正常事件不会引起创后压力(不选A)。C中, normal trauma symptoms和原文中的 trauma symptoms of the kind usually treated with psychological interventions对应;而D可由 Much more important was how women perceived the labor and birth推出。3: D 提示: 原文中用了较多的 suspect, seems 等词, 末了一句更表现了研究者不十分确定的态度(indecisive)。而 emphatic(决断的)或 suspicious(怀疑的)不太妥当。4.D 5. C 6. B 7.B 8.A 9.D 10.C 11.C 12.A no 13.A that/(x)



## Experts: Osteoporosis Takes Lifetime of Prevention

By Maggie Fox

骨质疏松症的发生率似乎是和年龄成正比的,但本文的第一句话 The seeds of osteoporosis are sown in childhood...可能会令你吃惊不小。不止于此,专家们指出人们在认识骨质疏松症时,存在不少误区。因此,如果不及早预防,等到骨折时,再引起警惕就为时过晚了。最后,专家们给我们提供了许多具体的预防办法,颇具指导意义。

The seeds of *osteoporosis* are sown in childhood and it takes a lifetime of effort to prevent the disease, experts said on Wednesday.

A frightening number of children do not get the exercise, vitamin D and *calcium* needed to ensure they are safe from the disease later in life, said bone specialists, *pediatricians* and other physicians and scientists.

Summing up the results of a National Institutes of Health (NIH) consensus conference meant to guide health care professionals in controversial areas, they said *osteoporosis* is not just a disease of aging white women.

osteoporosis: 骨质疏松症 calcium: 钙 pediatrician: 儿科医生

HINT BANK

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