

郑家顺考试捷径系列 (英语专业四级考试命题研究组 编)

TEM 4

英语专业四级

高分突破

郑家顺◎主编

新大纲新标准 模拟预测+试题精讲 考试重点+答题依据

TEM 4



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英语专业四级

高分突破

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英语专业四级

高分突破

前言

为了帮助广大考生在增加难度的“新题型”出台后,能够顺利地通过英语专业四级考试,我们编写了这套《英语专业四级高分突破》。

该书是在广泛征求多所高校专业四级强化班考生建议的基础上,通过我们在强化班教学的亲身体验而进行编写的。目前图书市场上大量的专业四级试题集,很多书存在着答案错误,解析简单或冗长(如“该句的译文是”、“该题的答案是”等词语反复出现,浪费大量空间)等缺点。遇到疑难问题,则要查字典、问老师。不仅要花费很多时间与精力,还很难掌握考试规律。该书正弥补了这方面的不足,同时增加了该书最具特色的解释部分。

(1) **题目**:根据新版教学大纲编写,按英语专业四级考试的形式,汇编成8个Test。考生自测时每套试题须在135分钟内完成。

(2) **解释部分**为该书最显著的特点。I. **听力**:听力给出书面材料,答题依据用黑体标出。II. **语法、词汇**:①为便于考生理解原句,提高翻译水平以及实际运用语言能力,每句均给出中文句意。②**选择项**:a. 语法结构:用较为简洁的语言释清时态、语态、虚拟语气、非谓语动词以及从句(连接词、关系代词或关系副词)。b. 词汇部分:对同义词、近义词、反义词、多义词以及固定搭配做了详细的辨析解释。其中语法结构与词汇中出现频率较高的,较易混淆的,做了总结,并给出了部分例句。III. **完形填空、阅读理解**:a. 为便于考生理解原文,每篇均给出中文译文或内容大意,主题或主题句均用黑体字注出。b. **选择项**均用精练的语言给出答题依据,培养考生形成良好的定位阅读思维。IV. **作文**:给出作文写作套路,考生可背熟此套路,轻松面对四级作文。

因此该书省去了考生查字典、问老师等不必要麻烦。

通过做题,掌握应试技巧,举一反三,一个月有效突破英语专业四级难关,轻轻松松提高英语水平。

本书的解释、译句、例句都是经过反复推敲、实践,但不当之处在所难免,敬请广大读者、同行专家不吝指正,以便改进。

★欢迎本书读者光临“郑家顺英语博客”(<http://blog.sina.com.cn/zhengjiashun>)!

这里既有作者在教学中的心得体会,也有英语专业四、八级考前做题技巧分析以及最新试卷及答案;同时也希望能借此收到更多学习者的反馈与意见。让我们一起进步,谢谢参与。

郑家顺

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入门分析篇

Test 1

PART I DICTATION

(15 MIN)

Listen to the following passage. Altogether the passage will be read to you four times. During the first reading, which will be read at normal speed, listen and try to understand the meaning. For the second and third readings, the passage will be read sentence by sentence, or phrase by phrase, with intervals of 15 seconds. The last reading will be read at normal speed again and during this time you should check your work. You will then be given 2 minutes to check through your work once more.

Please write the whole passage on ANSWER SHEET ONE.

PART II LISTENING COMPREHENSION

(20 MIN)

In Section A, B and C you will hear everything ONCE ONLY. Listen carefully and then answer the questions that follow. Mark the correct answer to each question on your answer sheet.

◆Section A CONVERSATIONS

In this section you will hear several conversations. Listen to the conversations carefully and then answer the questions that follow.

Questions 1 to 3 are based on the following conversation. At the end of the conversation, you will be given 15 seconds to answer the questions.

Now, listen to the conversation.

1. Alan implies that at weekends _____.
 - A. he seldom watched television
 - B. he watched poor television programs
 - C. he watched a lot of television
 - D. he watched fewer than 5 hours of television in the evening
2. Alan watched lots of television because _____.
 - A. he wanted to relax after working all day
 - B. he had problem sleeping
 - C. he didn't value his time
 - D. the programs were very valuable
3. What is Alan's attitude toward giving up television?
 - A. Doubtful.
 - B. Not serious.
 - C. Determined.
 - D. Tentative.

Questions 4 to 6 are based on the following conversation. At the end of the conversation, you will be given 15 seconds to answer the questions.

Now, listen to the conversation.

4. The man's colleague wanted to speak up her mind to her boss because she _____.
A. did not like the way she had been treated by her boss
B. thought some of his behavior was not appropriate
C. thought that he should not have embarrassed her
D. thought that he should behave himself
5. The woman hesitated to speak to her boss because she _____.
A. was afraid that they might have a confrontation
B. didn't want to turn it into an issue
C. thought she could clear his misunderstanding
D. didn't want to be perceived as manipulative
6. What is the key to communication according to the man?
A. You should speak up your mind. B. Don't try to manage anyone.
C. Try to appreciate other people. D. Conduct yourself in an honest way.

Questions 7 to 10 are based on the following conversation. At the end of the conversation, you will be given 20 seconds to answer the questions.

Now, listen to the conversation.

7. What problem does the man have?
A. He doesn't want to pay the late fee.
B. He was given incorrect information.
C. He can't afford to pay his tuition.
D. He didn't pass his math class last semester.
8. Why does the man have to go to the office two times?
A. The director couldn't give him an appointment right away.
B. The office was closed the first time he went.
C. The computer was out of service the first time he was there.
D. He did not have acceptable identification with him on his first visit.
9. According to the woman, what should the man take to register a course?
A. A birth certificate. B. A telephone bill.
C. An ID card. D. A student card.
10. What does the woman imply when she tells the man "Don't get your hopes up"?
A. The director probably isn't able to make an exception.
B. The director probably won't see him.
C. The director usually isn't very helpful.
D. Part-time students aren't the director's responsibility.

◆Section B PASSAGES

In the section, you will hear several passages. Listen to the passages carefully and then answer the questions that follow.

Questions 11 to 13 are based on the following passage. At the end of the passage, you will be given 15 seconds to answer the questions.

Now, listen to the passage.

11. What did the first bankers do thousands of years ago?
 - A. They exchanged money with foreign travelers.
 - B. They loaned local coins to foreign travelers.
 - C. They kept their money in strong boxes at home.
 - D. They loaned money to kings and rich people.
12. Which of the following is NOT true according to the passage?
 - A. The early bankers in Italy worked on the street.
 - B. The word "bank" comes from the word "beach".
 - C. Banking has a long history.
 - D. Early bankers did business in small way.
13. When did banks begin in the United States?
 - A. In the 16th century.
 - B. In the 17th century.
 - C. In the 18th century.
 - D. In the 19th century.

Questions 14 to 17 are based on the following passage. At the end of the passage, you will be given 20 seconds to answer the questions.

Now, listen to the passage.

14. What does the passage say about male mosquitoes?
 - A. They drink blood as female mosquitoes.
 - B. They bite people but not drink their blood.
 - C. They use blood to produce eggs.
 - D. They drink fluids from plants.
15. The mosquitoes lay eggs _____.
 - A. in any flowing water
 - B. in any quiet water
 - C. in any small containers
 - D. near people's houses
16. What does the passage say about the worm-like creatures?
 - A. They feed on organisms in the blood.
 - B. They will change into pupas after 4 to 10 days.
 - C. They can live a few months until the conditions are right for hatching.
 - D. The adult mosquitoes pull themselves out of the worm-like creatures.
17. Mosquitoes cause disease and death because _____.
 - A. they have disease in their bodies
 - B. they inject organisms that cause disease
 - C. they are infected by other diseases
 - D. the skin around a mosquito bite may be infected

Questions 18 to 20 are based on the following passage. At the end of the passage, you will be given 15 seconds to answer the questions.

Now, listen to the passage.

18. What is true according to the manager in the World Bank's Development Research Group?

- A. More than 1.3 billion people around the world live in poverty.
 B. Poverty has reduced dramatically in Africa.
 C. Poverty has dramatically reduced around the world.
 D. Poverty has increased by 20 percent around the world.
19. The Canadian professor believes that _____.
 A. the World Bank's standard for poverty is correct.
 B. poor people should also include those living with more than a dollar a day
 C. living with 14 dollars a day should be regarded as poverty around the world
 D. the poverty around the world has been exaggerated
20. The opinion of the Canadian professor is based on _____.
 A. the economy of the United States
 B. the availability of basic commodities
 C. the increased cost of living in developing countries
 D. the importance of food and fuel

◆Section C NEWS BROADCAST

In the section, you will hear several news items. Listen to them carefully and then answer the questions that follow.

Questions 21 and 22 are based on the following news. At the end of the news item, you will be given 10 seconds to answer the questions.

Now, listen to the news.

21. _____ of the Asian markets mentioned in the news closed higher for the week.
 A. All B. Some C. One D. None
22. The real estate stocks of which of the following markets moved higher?
 A. Hong Kong and Taiwan. B. Taiwan and Tokyo.
 C. Tokyo and South Korea. D. Hong Kong and South Korea.

Questions 23 to 25 are based on the following news. At the end of the news item, you will be given 15 seconds to answer the question.

Now, listen to the news.

23. The announcement of the ceasefire has been delayed because _____.
 A. Hamas has not agreed to stop attack against Israel
 B. Israeli troops have not withdrawn from parts of the Gaza Strip and Bethlehem
 C. the Islamic Jihad has not agreed to join the agreement
 D. there has been some disagreement over the wording of the ceasefire
24. Israeli troops may withdraw from parts of the Gaza Strip and Bethlehem _____.
 A. on Sunday B. on Monday
 C. as soon as possible D. today
25. President Bush's National Security Advisor Condoleezza Rice has been meeting with _____ on the road map plan for Middle East peace.
 A. Palestinian Prime Minister Abbas B. Israeli Prime Minister Ariel Sharon
 C. Hamas leaders D. Islamic leaders

Questions 26 and 27 are based on the following news. At the end of the news item, you will be given 10 seconds to answer the questions.

Now, listen to the news.

26. When she was young, Nina Simon received training in _____.
 A. ballet B. piano playing C. jazz music D. classical music
27. She was best known for the interpretation of _____.
 A. I Love You Porgy B. Porgy and Vest
 C. My Baby Just Cares for Me D. I Put a Spell on You

Questions 28 and 29 are based on the following news. At the end of the news item, you will be given 10 seconds to answer the questions.

Now, listen to the news.

28. What was true of the demonstrators?
 A. They were World War Two victims.
 B. They burned a Japanese flag scribbled with their names.
 C. They were female college students.
 D. They were supported by the South Korean government.
29. The purpose of yesterday's demonstration was to demand _____.
 A. Japan's full compensation for World War Two victims
 B. that the Japanese Prime Minister apologize to the Koreans
 C. that the Japanese government punish the war criminals
 D. that the Japanese ambassador be expelled

Question 30 is based on the following news. At the end of the news item, you will be given 5 seconds to answer the questions.

Now, listen to the news.

30. Why would the U. S. Food and Drug Administration make organizational changes?
 A. Because it found its safety oversight.
 B. Because it wanted to respond to a report.
 C. Because it found its dysfunctional structure.
 D. Because it found its trouble in managing scientific disagreements.

PART III CLOZE

(15 MIN)

Decide which of the choices given below would best complete the passage if inserted in the corresponding blanks. Mark the best choice for each blank on your answer sheet.

The homeless make up a growing percentage of America's population. (31) _____ homelessness has reached such proportions that local government can't possibly (32) _____. To help homeless people (33) _____ independence, the federal government must support job training programs, (34) _____ the minimum wage, and fund more low-cost housing.

(35) _____ everyone agrees on the number of Americans who are homeless. Estimates (36) _____ anywhere from 600,000 to 3 million. (37) _____ the figure may vary, analysts do agree on another matter: that the number of the homeless is (38) _____. One of

- | | | | |
|--------------------|------------------|------------------|-----------------|
| 31. A. Indeed | B. Likewise | C. Therefore | D. Furthermore |
| 32. A. stand | B. cope | C. approve | D. retain |
| 33. A. in | B. for | C. with | D. toward |
| 34. A. raise | B. add | C. take | D. keep |
| 35. A. Generally | B. Almost | C. Hardly | D. Not |
| 36. A. cover | B. change | C. range | D. differ |
| 37. A. Now that | B. Although | C. Provided | D. Except that |
| 38. A. inflating | B. expanding | C. increasing | D. extending |
| 39. A. predicts | B. displays | C. proves | D. discovers |
| 40. A. assist | B. track | C. sustain | D. dismiss |
| 41. A. Hence | B. But | C. Even | D. Only |
| 42. A. lodging | B. shelter | C. dwelling | D. house |
| 43. A. searching | B. strolling | C. crowding | D. wandering |
| 44. A. when | B. once | C. while | D. whereas |
| 45. A. life | B. existence | C. survival | D. maintenance |
| 46. A. around | B. over | C. on | D. up |
| 47. A. complex | B. comprehensive | C. complementary | D. compensating |
| 48. A. So | B. Since | C. As | D. Thus |
| 49. A. puts | B. interprets | C. assumes | D. makes |
| 50. A. supervision | B. manipulation | C. regulation | D. coordination |

(15 MIN)

51. If the whole operation _____ beforehand, a great deal of time and money would have been lost.

- A. was not planned B. has not been planned

- C. had not been planned D. were not planned
52. He came back late, _____ which time all the guests had already left.
A. after B. by C. at D. during
53. His remarks left me _____ about his real purpose.
A. wondered B. wonder C. to wonder D. wondering
54. I have heard both teachers and students _____ well of him.
A. to speak B. spoken C. to have spoken D. speak
55. The house was very quiet, _____ as it was on the side of a mountain.
A. isolated B. isolating
C. being isolated D. having been isolated
56. I hope all the precautions against air pollution, _____ suggested by the local government, will be seriously considered here.
A. while B. since C. after D. as
57. I've never been to Beijing, but it's the place _____.
A. where I'd like to visit B. I most want to visit
C. in which I'd like to visit D. that I want to visit it most
58. This crop has similar qualities to the previous one, _____ both wind-resistant and adapted to the same type of soil.
A. being B. been C. to be D. having been
59. _____ you are leaving tomorrow, we can eat dinner together tonight.
A. For B. Since C. Before D. While
60. We have been told that under no circumstances _____ the telephone in the office for personal affairs.
A. may we use B. we may use C. we could use D. did we use
61. As Commander-in-Chief of the armed forces, I have directed that all measures _____ for our defense.
A. had been taken B. would be taken C. be taken D. to be taken
62. A thief who broke into a church was caught because traces of wax, found on his clothes, _____ from the sort of candles used only in churches.
A. had come B. coming C. come D. that come
63. In no country _____ Britain, it has been said, can one experience four seasons in the course of a single day.
A. other than B. more than C. better than D. rather than
64. The project, _____ by the end of 2015, will expand the city's telephone network to cover 2,000,000 users.
A. accomplished B. being accomplished
C. to be accomplished D. having been accomplished
65. _____ evidence that language-acquiring ability must be stimulated.
A. It being B. It is C. There is D. There being
66. I'm very sorry to have _____ you with so many questions on such an occasion.

- A. interfered B. offended C. impressed D. bothered
67. The price of beer _____ from 50 cents to \$ 4 per liter during the summer season.
A. altered B. ranged C. separated D. differed
68. Our son doesn't know what to _____ at the university; he can't make up his mind about his future.
A. take in B. take up C. take over D. take after
69. Although they plant trees in this area every year, the tops of some hills are still _____.
A. blank B. hollow C. vacant D. bare
70. Being a pop star can be quite a hard life, with a lot of traveling _____ heavy schedules.
A. with regard to B. as to C. in relation to D. owing to
71. Tony is very disappointed _____ the results of the exam.
A. with B. for C. toward D. on
72. William Penn, the founder of Pennsylvania, _____ defended the right of every citizen to freedom of choice in religion.
A. peculiarly B. indifferently C. vigorously D. inevitably
73. When people become unemployed, it is _____ that is often worse than lack of wages.
A. laziness B. poverty C. idleness D. inability
74. _____ his sister, Jack is quiet and does not easily make friends with others.
A. Dislike B. Unlike C. Alike D. Liking
75. Some people would like to do the shopping on Sundays since they expect to pick up wonderful _____ in the market.
A. batteries B. bargains C. baskets D. barrels
76. In previous times, when fresh meat was in short _____, pigeons were kept by many households as a source of food.
A. store B. provision C. reserve D. supply
77. After the guests left, she spent half an hour _____ the sitting-room.
A. ordering B. arranging C. tidying up D. clearing away
78. I was _____ the point of telephoning him when his letter arrived.
A. to B. on C. at D. in
79. A lorry _____ Jane's cat and sped away.
A. ran over B. ran into C. ran through D. ran down
80. Those gifts of rare books that were given to us were deeply _____.
A. appreciated B. approved C. appealed D. applied

PART V READING COMPREHENSION**(25 MIN)**

In this section there are four passages followed by questions or unfinished statements, each with four suggested answers marked A, B, C and D. Choose the one that you think is the best answer.

TEXT A

“Humans should not try to avoid stress any more than they would shun food, love or exercise.” Said Dr. Hans Selye, the first physician to document the effects of stress on the body. While there’s no question that continuous stress is harmful, several studies suggest that challenging situations in which you’re able to rise to the occasion can be good for you.

In a 2001 study of 158 hospital nurses, those who faced considerable work demands but coped with the challenge were more likely to say they were in good health than those who felt they couldn’t get the job done.

Stress that you can manage may also boost *immune* (免疫的) function. In a study at the Academic Center for Dentistry in Amsterdam, researchers put volunteers through two stressful experiences. In the first, a timed task that required memorizing a list followed by a short test, subjects believed they had control over surgical procedures. In the second, they weren’t in control: they had to sit through a *gory* (血淋淋的) video on surgical procedures. Those who did well on the memory test had an increase in levels of immunoglobulin A, an antibody that’s the body’s first line of defense against germs. The video-watchers experienced a downturn in the antibody.

Stress prompts the body to produce certain stress hormones. In short bursts these hormones have a positive effect, including improved memory function. “They can help nerve cells handle information and put it into storage,” says Dr. Bruce McEwen of Rockefeller University in New York. But in the long run these hormones can have a harmful effect on the body and brain.

“Sustained stress is not good for you,” says Richard Morimoto, a researcher at Northwestern University in Illinois studying the effects of stress on *longevity* (长寿), “It’s the occasional burst of stress or brief exposure to stress that could be protective.”

81. The passage is mainly about _____.
A. how to avoid stressful
B. how to cope with stress effectively
C. the benefits of manageable stress
D. the effect of stress hormones on memory
82. The word “shun” (Line 1, Para. 1) most probably means _____.
A. cut down on
B. put up with
C. stay away from
D. run out of
83. We can conclude from the study of the 158 nurses in 2001 that _____.
A. people who can’t get their job done experience more stress
B. doing challenging work may be good for one’s health
C. stress will weaken the body’s defense against germs
D. people under stress tend to have a poor memory
84. In the experiment described in Paragraph 3, the video-watchers experienced a downturn in the antibody because _____.
A. the outcome was beyond their control
B. they knew little about surgical procedures

- C. they felt no pressure while watching the video
 - D. the video was not enjoyable at all
85. Dr. Bruce McEwen of Rockefeller University believes that _____.
- A. a person's memory is determined by the level of hormones in his body
 - B. a person's memory improves with continued experience of stress
 - C. stress hormones have lasting positive effects on the brain
 - D. short bursts of stress hormones enhance memory function

TEXT B

If you want to teach your children how to say sorry, you must be good at saying it yourself, especially to your own children. But how you say it can be quite tricky.

If you say to your children "I'm sorry I got angry with you, but..." what follows that "but" can render the apology ineffective: "I had a bad day" or "your noise was giving me a headache" leaves the person who has been injured feeling that he should be apologizing for his bad behavior in expecting an apology.

Another method by which people appear to apologize without actually doing so is to say "I'm sorry you're upset"; this suggests that you are somehow at fault for allowing yourself to get upset by what the other person has done.

Then there is the general, all-covering apology, which avoids the necessity of identifying a specific act that was particularly hurtful or insulting, and which the person who is apologizing should promise never to do again. Saying "I'm useless as a parent" does not commit a person to any specific improvement.

These pseudo-apologies are used by people who believe saying sorry shows weakness. Parents who wish to teach their children to apologize should see it as a sign of strength, and therefore not resort to these pseudo-apologies.

But even when presented with examples of genuine contrition, children still need help to become aware of the complexities of saying sorry. A three-year-old might need help in understanding that other children feel pain just as he does, and that hitting a playmate over the head with a heavy toy requires an apology. A six-year-old might need reminding that spoiling other children's expectations can require an apology. A 12-year-old might need to be shown that raiding the biscuit tin without asking permission is acceptable, but that borrowing a parent's clothes without permission is not.

86. If a mother adds "but" to an apology, _____.
- A. the child may find the apology easier to accept
 - B. the child may feel that he owes her an apology
 - C. she does not realize that the child has been hurt
 - D. she doesn't feel that she should have apologized
87. According to the author, saying "I'm sorry you're upset" most probably means "_____".
- A. You have a good reason to get upset
 - B. I apologize for hurting your feelings
 - C. I'm at fault for making you upset
 - D. I'm aware you're upset, but I'm not to blame

88. It is not advisable to use the general, all-covering apology because _____.
 A. it is hurtful and insulting
 B. it is vague and ineffective
 C. it may make the other person feel guilty
 D. it gets one into the habit of making empty promises
89. We learn from the last paragraph that in teaching children to say sorry _____.
 A. their ages should be taken into account
 B. parents should be patient and tolerant
 C. parents need to set them a good example
 D. the complexities involved should be ignored
90. It can be inferred from the passage that apologizing properly is _____.
 A. not necessary among family members
 B. a sign of social progress
 C. not as simple as it seems
 D. a social issue calling for immediate attention

TEXT C

Communications technologies are far from equal when it comes to conveying the truth. The first study to compare honesty across a range of communications media has found that people are twice as likely to tell lies in phone conversations as they are in emails. The fact that emails are automatically recorded—and can come back to *haunt* (困扰) you—appears to be the key to the finding.

Jeff Hancock of Cornell University in Ithaca, New York, asked 30 students to keep a communications diary for a week. In it they noted the number of conversations or email exchanges they had lasting more than 10 minutes, and confessed to how many lies they told. Hancock then worked out the number of lies per conversation for each medium. He found that lies made up 14 percent of emails, 21 percent of instant messages, 27 percent of face-to-face interactions and an astonishing 37 percent of phone calls.

His results, to be presented at the conference on human-computer interaction in Vienna, Austria, in April have surprised psychologists. Some expected emailers to be the biggest liars, reasoning that because deception makes people uncomfortable, the *detachment* (非直接接触) of emailing would make it easier to lie. Others expected people to lie more in face-to-face exchanges because we are most practised at that form of communication.

But Hancock says it is also crucial whether a conversation is being recorded and could be reread, and whether it occurs in real time. People appear to be afraid to lie when they know the communication could later be used to hold them to account, he says. This is why fewer lies appear in email than on the phone.

People are also more likely to lie in real time—in an instant message or phone call, say—than if they have time to think of a response, says Hancock. He found many lies are *spontaneous* (脱口而出的) responses to an unexpected demand, such as: “Do you like my dress?”

Hancock hopes his research will help companies work out the best ways for their employees to communicate. For instance, the phone might be the best medium for sales where employees are

encouraged to stretch the truth. But given his results, work assessment, where honesty is a priority, might be best done using email.

91. Hancock's study focuses on _____.
A. the consequences of lying in various communications media
B. the success of communications technologies in conveying ideas
C. people's preferences in selecting communications technologies
D. people's honesty levels across a range of communications media
92. Hancock's research finding surprised those who believed that _____.
A. people are less likely to lie in instant messages
B. people are unlikely to lie in face-to-face interactions
C. people are most likely to lie in email communication
D. people are twice as likely to lie in phone conversations
93. According to the passage, why are people more likely to tell the truth through certain media of communication?
A. They are afraid of leaving behind traces of their lies.
B. They believe that honesty is the best policy.
C. They tend to be relaxed when using those media.
D. They like those forms of communication.
94. According to Hancock, the telephone is a preferable medium for promoting sales because _____.
A. salesmen can talk directly to their customers
B. salesmen may feel less restrained to exaggerate
C. salesmen can impress customers as being trustworthy
D. salesmen may pass on instant messages effectively
95. It can be inferred from the passage that _____.
A. honesty should be encouraged in interpersonal communications
B. more employers will use emails to communicate with their employees
C. suitable media should be chosen for different communication purposes
D. email is now the dominant medium of communication within a company

TEXT D

As we have seen, the focus of medical care in our society has been shifting from curing disease to preventing disease—especially in terms of changing our many unhealthy behaviors, such as poor eating habits smoking, and failure to exercise. The line of thought involved in this shift can be pursued further. Imagine person who is about the right weight, but does not eat very *nutritious*(有营养的) foods, who feels OK but exercises only occasionally, who goes to work every day, but is not an outstanding worker, who drinks a few beers at home most nights but does not drive while drunk, and who has no chest pains or abnormal blood counts, but sleeps a lot and often feels tired. This person is not ill. He may not even be at risk for any particular disease. But we can imagine that this person could be a lot healthier.

The field of medicine has not traditionally distinguished between someone who is merely “not ill” and someone who is in excellent health and pays attention to the body's special needs. Both