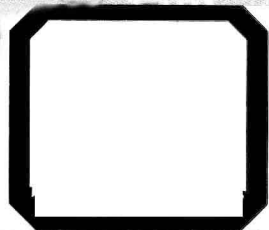


六级阅读 100主题

新东方考试研究中心 编著

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前 言

英语作为全球使用国家最多的语言，早已成为国际流行的通用语言之一。国人学习英语的热潮从未降温。曾有专家预测，到2015年，中国将成为世界上说英语人数最多的国家。大多数人学英语是为了考试、拿学位、找工作，学习方法无外乎背单词、啃语法。有些人盲目地捧着字典从a字头开始死记硬背，但发现总是背不到b字头。硬着头皮去啃厚厚的乏味的语法书，听着MP3里的英文材料而不知其所云……到头来还要慨叹“我本将心向明月，奈何明月照沟渠”，学习收效甚微，学习英语的兴趣也逐渐淡去，甚至视英语学习为负担，造成英语学习中过早地出现“石化”的现象。究其原因，就是因为我们把活的语言学“死”了。

单纯、片面地记忆单词和语法，不仅会使本来很生动的语言学习变得低效和枯燥，还会造成语言和思维的脱节。结果导致虽然学会了语言，但在表达上仍存在很大缺陷。语言的学习就像习舞，虽说只有谙熟舞步才能跳出优美的舞姿，但如果自身缺乏对舞曲的感性理解，完全遵照步伐规则，不仅不能跳出自由奔放的舞蹈，相反，还可能出现邯郸学步的情况。语法和单词是钢筋和砖块，而将它们构筑成宏伟建筑的，则是我们对语言的理解和感悟。而阅读的过程就是对语言的认知和感悟的过程。

通过阅读，可以遇到很多新词汇，学习者的词汇量能够因此而增加；通过阅读，可以看到很多好的表达，学习者的口语表达能力能够因此而丰富；通过阅读，可以学到很好的句型，学习者的写作水平可以得到很大提高；通过阅读，可以丰富学习者的知识结构，增强语感，更可以提升理解水平，掌握英语语言自然是水到渠成。所以，说“得阅读者得英语学习之天下”一点也不为过。

由于阅读的重要性，对阅读材料的选择当然不容小觑。对于六级考生而言，考虑到考试的硬性要求，选择与考试材料难度相仿、题材类似的文章来阅读往往会收到较好的效果。本书从读者的需求考虑，力求从以下几个方面帮助学生摆脱学习英语的困境：

1. 主题全面，快乐阅读

本书秉承“快乐阅读”、“兴趣阅读”的理念，收录的文章难易度完全符合六级大纲对于大学生阅读能力的要求。只有读懂了文章，才能产生兴趣，才能继续读下去，最终达到提高阅读能力的目的。本书共收录了100篇主题文章，话题从历史人文到科普教育，从自然环境到医疗健康，从商业经济到媒体娱乐，从家庭生活到社会百态，覆盖真题阅读材料所规定的所有题材。丰富的信息，实用的指导，让文章变得好看、好用，同时也能大大扩展读者的知识面。

2. 题型灵活,重在理解

有些考生做惯了选择题,有的甚至突击了一些猜题技巧,在没有理解文章的情况下也能选出答案,其实这是舍本逐末的做法,不值得提倡。我们要把注意力更多地放在提高阅读能力上,重在理解,而不应将阅读能力简化为做选择题的能力。本书邀请长期从事四六级英语教学的辅导专家参与指导编题,每篇文章均设有3道主观题和2道客观题,供读者看完文章后进行自我测试,以便及时发现理解方面的问题,弥补不足。

3. 核心词汇,语境记忆

六级大纲中规定的词汇有5500余个,但这其中大概有一半的词汇要么过于简单,要么过于生僻,都不值得一考。只有约2000多核心的多义高频词是多年来阅读文章紧紧咬住不放的关键所在。本书为读者精心提炼了文章中对应的高频词、难词、核心词,读者可以在特定的语篇语境中掌握这些词汇的应用,加深理解,增强记忆,夯实基本功。

4. 遵循二八法则,理解重点难句

常常听到考生抱怨说文章的大部分都理解了,可是做题却总出错。这是为什么呢?其实,一般而言,一篇文章80%的内容都是浅显易懂的,这部分内容因为简单而不具有考查性,只有剩下的那20%的内容才是命题组精心安排的考查点。这其中往往包含一些长难句、习惯表达、隐语等,成为了理解文章的障碍。本书对文章中的重点句、长难句给出了准确到位的翻译,为读者扫清了这一阅读障碍。

5. 增设Warming-up板块,提倡整体理解

对于阅读文章,很多读者常常习惯于拿到一篇文章就从头到尾逐字逐句地开始理解:认识了词汇,理清了句子结构,但往往对文章的主要信息不是疏忽就是一知半解。这种“只见树木,不见森林”的现象颇为常见。其实,文章并不是词句的无序罗列,而是一个有机的整体,学习者最好从整体入手,遵循先整体、后局部的原则对文章进行理解。本书中每篇文章的开头都特意增设了Warming-up板块,概括了文章大意以及重要细节,提倡读者从篇章整体的角度去理解全文。

英语学习需要热情,更需要强烈的学习欲望和克服困难、持之以恒的决心。但愿这本书能够陪伴你,每天阅读一点点,养成良好的阅读习惯,享受快乐学习的过程!

在本书的编写过程中,世纪友好工作室的金利、蒋志华以及何静、张继龙、黄姗、周利芬、李岩岩等老师对本书的结构及编排提供了大量的帮助,在此特向他们表示诚挚的谢意。

编者

目 录

科普教育

1. Boys and Girls Are from Different Planets 男女来自不同星球 2
2. Human Daily Cycle 人类的生物钟 5
3. Lying Is an Unnatural Act 撒谎是非自然行为 8
4. “Directed” or “Programmed” Research “定向”科学研究 11
5. Gene Therapy and Gene-Based Drugs 基因治疗与基因药物 15
6. Aging and Death 衰老和死亡 19
7. Human Beings Are Social Mammals 人是社会型哺乳动物 22
8. Sleep and Memory 睡眠与记忆 26
9. Future Life 未来生活 30
10. Sensory Evaluation of Food 食品感官评价 33
11. The Effects of Robots 机器人的影响 37
12. The New Map of the Brain 大脑新图 41
13. Why Don't We Learn from Mistakes?
为什么我们不从错误中吸取教训? 45
14. Eyes Replace a Keyboard and Mouse 眼睛代替键盘和鼠标 49
15. Why Is Education Democratic in Tribal Societies?
为什么部落社会的教育是民主的? 52
16. Commerce and Academics 商业与学术 55
17. Educational Reform 教育改革 59
18. Intellect 知识分子 62
19. Linguistics 语言学 66
20. Education Standards Are not the Answer 教育标准不是答案 ... 70
21. College Admission: the Board Game 大学招生:棋盘游戏 74
22. Web of Risks 网络风险 78
23. Take a Seat at the Bottom of the Class
占据班级最后一名的席位 81
24. Computer and Multimedia in Education 计算机与多媒体教学 ... 84

医疗健康

25. Substance Abuse 药物滥用	90
26. Vaccines: Methods and Implications 疫苗:方法与启示	93
27. Skin Cancer 皮肤癌	96
28. Evolutionary Suicide 进化自杀	99
29. Health Problems 健康问题	102
30. Active Euthanasia 积极的安乐死	105
31. Sleep and Dream 睡眠与做梦	109
32. You'll Grow a New Heart in 2021 2021年你会长个新心脏	112
33. Asbestos Associated with Deaths 石棉威胁生命	115
34. Cancer Spouses Have Mental Ills 癌症患者的配偶有精神疾病 ...	119
35. Human Growth Hormone Use Rises Legal? 生长激素使用的上升是否合法?	123
36. Siesta and Health 午睡与健康	127

商业经济

37. The Result of the Falling US Dollar 美元下跌的结果	132
38. Failure Is the Best Medicine 失败最是良药	135
39. Pain without Gain 劳而无获	139
40. Early Retirement is Harming Economy 提前退休损害经济发展	142
41. Global Financial Contagion 全球金融危机蔓延	146
42. Supersystems and Monopoly 超级系统和垄断	150
43. Web Business 网络商务	154
44. The Entrepreneur 企业家	157
45. American Economy 美国经济	160
46. The Current Interest Rates Policy Harm Farmers 高利息政策损害农民利益	164
47. Economy is Cooling 经济放缓	168
48. The Growth of the Limited Liability Company 有限责任公司的发展	171
49. Trade Unions 工会组织	175
50. Successful Businesses Survive 成功企业的生存法则	178
51. Whiskey by George Washington 乔治·华盛顿威士忌	181
52. How to Establish the Best Brands 如何打造最好的品牌	185
53. Joint International Business Venture 合资跨国企业	189

人文历史

54. A High Life on the High Seas 海上的高品位生活	194
55. Rewards and Punishments in Different Culture 不同文化里的奖惩	198
56. The Unhappy American Way 不幸福的美国方式	201
57. The Reasons for Botticelli's Unpopularity 波提切利不受欢迎的原因	204
58. The Great Outburst of Major Inventions 伟大发明的集中涌现	208
59. Christmas Traditions 圣诞节的传统	212
60. Don't Blame Hip-Hop 不要指责嘻哈	216
61. English Rates First in Latino Families 英语位列拉丁美洲裔家庭语言首位	220
62. Computers and Music in the Digital Age 数字时代的电脑和音乐	223
63. The Creation Museum 创造论博物馆	226
64. Investing in Art 投资艺术	229
65. Coltrane's Musical Explorations 科特兰的音乐探索	232
66. 9,000-year-old Dental Drill Is Found 考古发现了9000年前的牙钻	236
67. Definition of Success 成功的定义	240
68. The Titanic 泰坦尼克号	243

媒体娱乐

69. Televised Violence 电视暴力	248
70. Journalism Credibility Project 新闻可信度工程	251
71. Television in the Bedroom 卧室里的电视	254

社会百态

72. Cloning Scientist on Fraud Charges 克隆科学家欺诈案	260
73. We Can Help Dogs Lose Weight 我们可以帮助狗狗减肥	264
74. Flying Backwards and Forwards 飞来飞去	268
75. Black is Beautiful 黑人也很美	272
76. Mechanization 机械化	276
77. Manners Are Non-existent 道德缺失	279

78. Where to Turn for Expert Information 去哪儿寻求专家信息	282
79. A Sense of Humor 幽默感	285
80. To Improve Public Appreciation of Science 改善公众对科学的认识	289
81. Digital Divide 数字鸿沟	292
82. Urban Life 城市生活	295
83. Another Kind of Internet Addiction 另一种网瘾	299

职场家庭

84. Hunting for a Job on the Internet 网上求职	304
85. Unemployed Failing 失业的危害	307
86. How to Encourage People to Be Creative 如何激励创新	310
87. Womenomics Revisited 女性经济卷土重来	313
88. Three Forms of Marriage 三种婚姻形式	316
89. Pretending not just Child's Play “过家家”不只是孩子的游戏	320
90. Ideas for Making a Kitchen Cheerful 打造快乐厨房的理念	323

自然环境

91. Energy Crisis 能源危机	328
92. The Sea Supplies People with Food 海洋为人类提供食物	332
93. Global Warming Slows the Winds 全球变暖减慢风速	335
94. Our Durable Planet 我们耐用的地球	338
95. Price for Decreased Acid Rain 减少酸雨的代价	341
96. Plant a Tree and Save the Earth? 植树拯救地球?	345
97. Giant Dams 大坝	349
98. The Steam Caves of Mount Rainiers 瑞尼尔斯山的蒸汽洞	352
99. Greenhouse 温室效应	355
100. Hurricanes 飓风	359

科普教育

内容提要:

1. Boys and Girls Are from Different Planets 男女来自不同星球
2. Human Daily Cycle 人类的生物钟
3. Lying Is an Unnatural Act 撒谎是非自然行为
4. "Directed" or "Programmed" Research "定向"科学研究
5. Gene Therapy and Gene-Based Drugs 基因治疗与基因药物
6. Aging and Death 衰老和死亡
7. Human Beings Are Social Mammals 人是社会型哺乳动物
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9. Future Life 未来生活
10. Sensory Evaluation of Food 食品感官评价
11. The Effects of Robots 机器人的影响
12. The New Map of the Brain 大脑新图
13. Why Don't We Learn from Mistakes? 为什么我们不从错误中吸取教训?
14. Eyes Replace a Keyboard and Mouse 眼睛代替键盘和鼠标
15. Why Is Education Democratic in Tribal Societies? 为什么部落社会的教育是民主的
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21. College Admission: the Board Game 大学招生: 棋盘游戏
22. Web of Risks 网络风险
23. Take a Seat at the Bottom of the Class 占据班级最后一名的席位
24. Computer and Multimedia in Education 计算机与多媒体教学



Boys and Girls Are from Different Planets

001

男女来自不同星球

Warming Up

男孩和女孩来自不同星球，他们在许多方面天生就不同。研究发现，男孩比女孩更易患注意力缺乏症(ADD)，并且更容易发生暴力犯罪。男孩从婴儿时起就比女孩更爱表现自己。遇到不满时男孩会哭，而女孩会吮吸自己的大拇指。其实男孩的许多性格特点在幼年是有好处的，甚至是生存必需的。我们应该按照孩子本身的性格特点来培养他们，而不应该试图改造他们。男孩的内心是矛盾的：他们需要别人的关怀和照顾，但社会现实又要求他们独立自强——这种矛盾可能会导致他们产生心理疾病，最终造成无可挽回的后果。

Exercise 练一练

1. Which of the following is NOT true according to the first paragraph?
A) The origins of boys and girls are different.
B) Too much attention has been paid on girls.
C) Boys and girls have different problems.
D) Boys are more difficult to educate than girls.
2. According to the passage, what characteristics might Tom Sawyer and Huck Finn share?
3. According to the recent study, boy babies usually cry when they are unhappy, which means they are _____.
4. What difference between boys and girls does Para. 3 discuss?
A) Physiological.
B) Psychological.
C) Cultural.
D) Intellectual.
5. It is implied in the last paragraph that the society expects boys to be _____.

Boys and Girls Are from Different Planets

男女来自不同星球

Researchers are finding that boys and girls really are from two different planets. Experts say boys and girls have different “crisis points”, *stages* in their emotional and social development where things can go very wrong. Until recently, girls got all the attention. But boys are much more likely than girls to have discipline problems at school and to be *diagnosed* with Attention Deficit Disorder (ADD). Boys far *outnumber* girls in special-education classes. They're also more likely to commit violent crimes and end up in jail.

Even normal boy behavior has come to be considered *pathological* (病态的) in the wake of the *feminist* movement. An *abundance* of physical energy and the urge to conquer—these are normal male characteristics, and in an earlier age they were good things, even essential to survival. “If Huck Finn or Tom Sawyer were alive today,” says Michael Gurian, author of *The Wonder of Boys*, “we’d say they had ADD.” He says one of the new insights we’re gaining about boys is a very old one: boys will be boys. “They are who they are,” says Gurian, “and we need to love them for who they are.”

But what exactly is the essential nature of boys? Even as infants, boys and girls behave differently. A recent study at Children’s Hospital in Boston found that boy babies are more emotionally *expressive*; girls are more *reflective*. (That means boy babies tend to cry when they’re unhappy; girl babies suck their thumbs.) This could indicate that girls are *innately* more able to control their emotions. Boys have higher levels of *testosterone* (睾丸激素) and lower levels of *neurotransmitter serotonin* (神经传递素), which inhabits *aggression* and *impulsivity*. That may help explain why more males than females carry through with suicide or become *alcoholics*.

There’s a struggle between a desire and need for warmth on the one hand and a pull toward independence on the other. Boys are going through what psychologists long ago declared an *integral* part of growing up: individualization and disconnection from parents, especially mothers. But now some researchers think that process is too *abrupt*. When boys repress normal feelings like love because of social pressure, says William Pollack, head of the Center for Men at Boston’s McLean Hospital, “they’ve lost contact with the genuine nature of whom they are and what they feel. Boys are in a silent crisis. The only time we notice it is when they pull the trigger.”

Translation

长难句

1. Experts say boys and girls have different “crisis points”, stages in their emotional and social development where things can go very wrong. 专家说男孩和女孩有不同的“危机点”，在这些时期，他们的情绪发展和社会交往可能出现严重的问题。
2. Boys are going through what psychologists long ago declared an integral part of growing up: individualization and disconnection from parents, especially mothers. 正如心理学家很早之前就已经指出的，男孩正在经历其成长过程中所必经的一个阶段：个体化并离开父母，尤其是离开母亲。

Words

词汇

abrupt *a.* 突然的，意外的

abundance *n.* 大量

aggression *n.* 攻击性

alcoholic *n.* 酗酒者

diagnose *vt.* 诊断

expressive *a.* 表现的，善于表达的

feminist *adj.* 女权主义的

impulsivity *n.* 冲动，冲动性

innately *ad.* 天赋地，与生俱来地

integral *a.* 不可缺的；基本的

neurotransmitter *n.* 神经递质

outnumber *vt.* 在数量上超过

pathological *a.* 病理的；病态的

reflective *a.* 沉思的

serotonin *n.* 血清素

stage *n.* 阶段，时期

testosterone *n.* 睾酮，睾丸激素

Key

参考答案

1. A
2. An abundance of physical energy and the urge to conquer.
3. more emotionally expressive
4. A
5. independent



002

Human Daily Cycle

人类的生物钟

Warming Up

大多数人都习惯于白天工作，晚上睡觉。但当今的工业生产要求机器昼夜不停地运转，这就需要一些人改变原有的作息习惯，改为白天睡觉，晚上工作。据了解，要想适应新的作息时间，一般人要花上5天到一周的时间。而事实上，往往是人们才刚刚适应了新的作息时间，又被要求调回到原来的状况。有两种方案可以解决这一难题，一是将夜班工作留给固定的人员，二是挑选适应能力较强的人来担任需要常常更换作息时间的职务。但实际上第二种办法还仅仅停留在设想阶段，没有付诸实施。

Exercise 练一练

1. Why is the question of "how easily people can get used to working at night" NOT a mere academic question?
 - A) Because few people like to reverse the cycle of sleep and wakefulness.
 - B) Because sleep normally coincides with the hours of darkness.
 - C) Because people hates to work at night.
 - D) Because there is an increasing demand for people working at night in some industries.
2. The main problem of the round-the-clock working system lies in the disturbance of the daily life cycle of workers who have to change shifts _____.
3. The best solution for implementing the 24-hour working system is to arrange for some people to work _____.
4. The strains of alternative day and night work will be relieved by selecting those who can _____.
5. It is possible to find out if a person has adapted to the changes of routine by measuring his body temperature because _____.
 - A) body temperature changes when the cycle of sleep and wakefulness alternates
 - B) body temperature changes when he changes to night shift or back
 - C) the temperature reverses when the routine is changed
 - D) people have higher temperatures when they are working efficiently

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We all know that the normal human daily cycle of activity is of some 7–8 hours' sleep alternating with some 16–17 hours' wakefulness and that, broadly speaking, the sleep normally coincides with the hours of darkness. Our present concern is with how easily and to what *extent* this cycle can be *modified*.

The question is no mere academic one. The case, for example, with which people can change from working in the day to working at night is a question of growing importance in industry where *automation* calls for round-the-clock working of machines. It normally takes from five days to one week for a person to adapt to a reversed routine of sleep and wakefulness, sleeping during the day and working at night. Unfortunately, it is often the case in industry that shifts are changed every week; a person may work from 12 midnight to 8 a.m. one week, 8 a.m. to 4 p.m. the next, and 4 p.m. to 12 midnight the third and so on. This means that no sooner has he got used to one routine than he has to change to another, so that much of his time is spent neither working nor sleeping very efficiently.

The only real *solution* appears to be to hand over the night shift to a number of permanent night workers. An interesting study of the domestic life and health of night-shift workers was carried out by Brown in 1957. She found a high incidence of disturbed sleep and other disorders among those on alternating day and night shifts, but no *abnormal* occurrence of these phenomena among those on permanent night work.

This *latter* system then appears to be the best long-term policy, but meanwhile something may be done to *relieve* the strains of *alternate* day and night work by *selecting* those people who can adapt most quickly to the changes of routine. One way of knowing when a person has adapted is by measuring his body temperature. People engaged in normal daytime work will have a high temperature during the hours of wakefulness and a low one at night; when they change to night work the pattern will only gradually go back to match the new routine and the speed with which it does so *parallels*, broadly speaking, the adaptation of the body as a whole, particularly in terms of performance. Therefore, by taking body temperature at *intervals* of two hours *throughout* the period of wakefulness it can be seen how quickly a person can adapt to a reversed routine, and this could be used as a basis for selection. So far, however, such a form of selection does not seem to have been applied in practice.

Translation

长难句

1. We all know that the normal human daily cycle of activity is of some 7–8 hours' sleep alternating with some 16–17 hours' wakefulness and that, broadly speaking, the sleep normally coincides with the hours of darkness. 众所周知, 人类正常的日常活动周期是每天有大约7至8个小时的睡眠, 而每天大约有16至17个小时处于清醒状态。而且, 从广义上讲, 睡眠期刚好和天黑的时间相吻合。
2. The case, for example, with which people can change from working in the day to working at night is a question of growing importance in industry where automation calls for round-the-clock working of machines. 例如, 人们可以从白天工作调整为晚上工作的情况, 在工业生产中变成了一个越来越重要的问题, 因为自动化需要机器昼夜不停地运转。
3. She found a high incidence of disturbed sleep and other disorders among those on alternating day and night shifts, but no abnormal occurrence of these phenomena among those on permanent night work. 她发现在那些交替值白班和夜班的人群中, 睡眠障碍和其他疾病的发生率很高, 但是在那些一直值夜班的人群中没有出现这些反常的症状。

Words

词汇

abnormal *a.* 反常的, 不正常的

alternate *a.* 交替的, 轮流的

automation *n.* 自动(化)

extent *n.* 广度, 宽度; 程度

interval *n.* 间隔时间; (幕间或工间)休息

latter *a.* 后者的; 后面的, 末尾的

modify *vt.* 更改, 修改

parallel *vt.* 与……相应, 平行

relieve *vt.* 减轻; 解除

select *vt.* 选择, 挑选

solution *n.* 解答; 解决办法

throughout *prep.* 遍及; 在整个……期间

Key

参考答案

1. D
2. too frequently
3. on night shifts only
4. adapt most quickly to the changes of routine
5. D