

新思路

总主编 胡安琳

大学英语

阅读进阶

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为适应我国高等教育发展的新形势，推动大学英语教学改革，提高大学英语教学质量，培养符合新时期国家和社会发展需要的合格人才，教育部于2005年9月下旬公布了大学英语四六级考试改革的新题型，2006年又进行了修订。2013年12月，大学英语四六级考试的试卷结构和测试题型再次作出调整。改革和调整后的大学英语四六级考试阅读理解部分包括词汇理解、长篇阅读和仔细阅读等测试内容，分别以选词填空、匹配和多项选择题型方式呈现，快速、准确地获取信息是测试的重点。

2015年，教育部推出《大学英语教学指南（讨论稿）》（以下简称《指南》），作为全国各高校实施大学英语教学的重要依据。为了便于各高校确定教学目标并组织教学，《指南》提出大学英语的教学以“培养学生的英语应用能力，增强跨文化交际意识和交际能力，同时发展自主学习能力，提高综合文化素养，使他们在学习、交往、社会活动和未来工作中能够有效地使用英语，满足国家、社会、学校和个人发展的需要”作为我国大学英语教学的总体目标，并将大学英语教学的具体要求分为三个层次：基础、提高、发展。根据这些层次的要求，我们希望分层培养学生的阅读能力，使其逐渐提高阅读速度，在阅读篇幅较长、难度略低的材料时，阅读速度达到每分钟100个单词，能就阅读材料进行略读和寻读；能借助词典阅读本专业的英文教材；能基本读懂国内英文报刊，掌握中心意思，理解主要事实和有关细节；能读懂工作、生活中常见的应用文体的材料；能在阅读中使用有效的阅读方法。

依据《指南》的总体目标和具体规定，结合大学英语四六级考试的最新要求，我们组织了大批多年在教学一线的大学英语教师，历时数年，精心编写了《新思路大学英语阅读进阶》，以期通过长期、系统的阅读实践，循序渐进地提高大学生的英语阅读水平，从而提高他们的英语综合应用能力。

《新思路大学英语阅读进阶》全套分为四册，教材在选材长度、题型设计和阅读速度等方面参考了《指南》和大学英语四六级考试的相关要求，以帮助学生培养对英语文章阅读的兴趣，熟悉题型，逐渐提高阅读能力。

《新思路大学英语阅读进阶》全套教材的编写融科学性、系统性与创新性于一体，创造性地以主题为基本的编写单元，从一名大学生的视角设计了从入学直至大学毕业可能经历到的大学学习和生活的方方面面；选材贴近中国大学生的生活，注重趣味性、知识性、信息性和创新性，题材广泛，内容丰富，涉及语言、文化、文学、科普、体育、科技、法律、管理、社会焦点等方面，此外还选取了应用文体裁的文章。全套教材四册的编写遵循了由易到难、由浅到深的基本原则，阅读文章的长度从第一册的300至500个单词逐渐过渡到第四册的300至1200个单词。

本书为《新思路大学英语阅读进阶》系列教材的第四册，共12个单元，每单元由4篇阅读

短文组成。主题涉及大学生感兴趣的内容,包括生命与健康、体验教育、学习与考试、技术与生活、因特网、毕业、学术成就、应用文写作(指南与食谱)、烹饪与流行文化、流感常识、名人演讲和世界经济危机等12项;所选短文长度介于300至1200个单词,生词不超过短文词汇总量的2%,练习形式参照大学英语四级考试阅读部分新题型编写,主要为选择题、匹配题、选词填空题等,建议标准阅读速度为每分钟100个单词。

我们在编写本书的过程中参考了大量资料,在此向这些著作的作者们深表感谢。同时,囿于水平,书中错漏在所难免,敬请广大读者和同仁不吝指正。

编者

2016年3月

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Key 123

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

The passage _____ function very among scientists, many of whom also regularly make regular _____ by actually due to the long-term _____ of nicotine, new research suggests. "People who are also smokers are at a much _____ risk," Dr. Jennifer M. Gillin, of the University of Michigan's Addiction Research Center, said in her study. "The study was first _____ related to IQ and thinking," she said. This finding may seem counterintuitive, since many smokers _____ to it and may also find it more enjoyable. Indeed, research shows that improved mental functioning is one of the immediate effects of nicotine _____ through smoking, however, it appears to have the opposite effect on long-term _____ of people who smoke regularly. "We've _____ have looked into cigarette smoking as a factor that might explain the cognitive deficits reported among alcoholics. We investigated that in a separate, quasi-experimental study _____ brain function among 100 men from the same community, including 50 men who smoked alcohol. The study found that men with higher scores on the Institute of Living Alcohol Problems Scale (IAPS) and those who reported a higher number of pack-years of smoking _____ IQ scores. Upon further investigation, the researchers found that smoking also appeared to be _____ associated with _____ verbal and visual-spatial reasoning. Thus, though smoking did not _____ the effect, the decreased cognitive functioning observed among the alcohol drinkers, it did seem to account for some of the effect, the report indicates.

A) strengthening	B) well-being	C) predicted	D) higher	E) positively
F) by way	G) effect	H) overall	I) serious	J) negatively
K) examined	L) work	M) emotional	N) expansion	O) overall

Passage 1

Smoking Is Negatively Related to IQ and Thinking

Directions: In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. You may not use any of the words in the bank more than once.

The poorer 1 function seen among alcoholics, many of whom also regularly smoke cigarettes, may be partially due to the long-term 2 of nicotine, new research suggests. "People who are also smokers are at a much 3 risk," Dr. Jennifer M. Glass, of the University of Michigan's Addiction Research Center, said. In her study, "cigarette smoking was 4 related to IQ and thinking," she said. This finding may seem counterintuitive, since many smokers 5 to feeling more alert and focused after smoking. Indeed, research shows that improved mental functioning is one of the immediate effects of nicotine 6. Chronic smoking, however, is known to have the opposite effect. Studies show that up to 87 percent of alcoholics smoke cigarettes. Yet, few studies have looked into cigarette smoking as a factor that might explain the cognitive deficits reported among alcoholics. To investigate that association, Glass and her colleagues 7 brain function among 172 men from the same community, including 103 men who abused alcohol. The team found that men with higher scores on the lifetime alcohol problems scale (LAPS) and those who reported a higher number of pack-years of smoking both had 8 IQ scores. Upon further investigation, the researchers found that smoking also appeared to be independently associated with 9 verbal and visual-spatial reasoning. Thus, though smoking did not 10 for all of the decreased neurocognitive functioning observed among the alcohol abusers, it did seem to account for some of the effects, the report indicates.

(245 words)

- | | | | | |
|---------------|------------|--------------|-------------|---------------|
| A) disturbing | B) weaker | C) predicted | D) higher | E) positively |
| F) lower | G) effects | H) mental | I) account | J) negatively |
| K) examined | L) attest | M) emotional | N) exposure | O) contest |

Passage 2

The Magic Power of Sleep

Directions: In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

Enhance Your Life with Sleep

A) When did 24:00–7:00 become a way of life? The massive decline in sleep happened so slowly and seamlessly that few seemed to notice the trend. Was it because of the baby boomlet and all those 2 a.m. feedings? The growing seduction of the Internet, video games and endless TV channels? Never disconnecting from work? No matter how it happened, millions of chronically sleep-deprived Americans are putting their health, quality of life and even length of life in jeopardy. New evidence shows why getting enough Z's may trump all your other priorities.

Magic Power 1: Live Longer and Healthier

B) Some 40 percent of Americans get less than seven hours of shut-eye on weeknights, and for many of them, it's taking a toll. "The link between sleep and health, and bad sleep and disease, is becoming clearer and clearer," says Lawrence

Epstein, MD, author of *The Harvard Medical School Guide to a Good Night's Sleep*. For example, sleep duration has declined from a median of eight hours in the 1950s to seven in recent years. At the same time, high blood pressure has become an increasing problem. Blood pressure and heart rate are typically at their lowest levels during sleep; people who sleep less tend to have higher blood pressure. The association between *hypertension* (高血压) and sleep duration could explain other research findings linking lack of sleep to increased risk of heart attack, diabetes, weight gain and other problems.

C) Sleeping better may help you fight off illness. "When people are sleep-deprived, there are higher levels of stress hormones in their bodies and an increase in inflammation, both of which can decrease immune function," says Phyllis Zee, MD, associate director of the Center for Sleep and Circadian Biology at North-

western University in Chicago. In fact, bed rest may make your flu shot work better as well. In a University of Chicago study, men who were vaccinated while being deprived of sleep (they were not allowed to sleep more than four hours a night) produced less than half the antibodies to the flu virus as vaccinated men who got a full night's sleep. Simply stated, people who sleep well live longer. So say good night sooner, and it may help you stay active and vital to a ripe old age.

Magic Power 2: Look Better, Feel Better

D) People limited to only four or five hours of sleep a night for several nights not only experience more physical ailments, such as headaches and stomach problems, but also undergo changes in metabolism similar to those occurring with normal aging. It's no wonder we look terrible after a sleepless night. One of the reasons may be growth hormones. They're essential to keeping us looking good as we get older. Levels of the hormone drop dramatically between the ages of 20 and 60, says heart surgeon Mehmet C. Oz, MD, coauthor of the *You* health books. "Growth hormones are rejuvenating," he says. "When you have high levels of the hormone, you have muscle mass, better skin — you look sexy. You want to keep your growth hormones as high as possible, and the number one best way to do that is sleep." When you don't look good, you don't feel sexy, and

your relationship can suffer. So getting more sleep can rev up your love life too.

Magic Power 3: Be Happier, Less Stressed

E) More than half of adults surveyed by the National Sleep Foundation in 2005 said they experienced insomnia at least a few nights a week. People with insomnia produce higher rates of stress hormones than others, according to new research. This puts their bodies in a hyper aroused state that can make it difficult for them to wind down and sleep. The inability to sleep causes more stress, which can have a devastating impact.

F) "You're depressed, you keep forgetting things — not sleeping was the most horrible thing that ever happened to me." recalls Paul Nielsen, 42, of Niles, Illinois, who says that when his insomnia was at its worst, he went 30 days with only about 30 hours of sleep. "I missed days of work. I even drove my car onto the lawn and into some bushes because I just couldn't focus anymore." "People who don't sleep get depressed, and depression causes insomnia, so it's a vicious cycle," says Dr. Oz. "But we know the inverse is true: that more and better sleep can make you feel happier."

Magic Power 4: Build a Better Brain

G) Not only does sleep deprivation lead to poor health, it also affects concentration, problem-solving skills, memory and mood. "Anything that disturbs the quality

and quantity of sleep can have long-term consequences for both body and mind,” says Gerard T. Lombardo, MD, director of the Sleep Disorders Center at New York Methodist Hospital in Brooklyn. Lack of sleep can have cognitive and physical effects similar to those brought on by over-indulging in alcohol. The performance of someone who’s been awake for 17 hours straight is about the same as if she had a blood alcohol level of 0.05 percent (about two drinks in an hour).

H) And night owls, beware: A new study shows that people with two copies of a gene variant that helps control our body clocks tend toward a “late to bed, late to rise” sleeping pattern. They may suffer worse cognitive deficits after sleep deprivation, such as forgetfulness and trouble concentrating. Some 1,500 deaths a year result from car accidents caused by people driving while fatigued. And a disturbing new study conducted by the Walter Reed Army Institute of Research in Maryland shows that lack of sleep can affect people’s moral judgment. This finding has obvious implications for people like doctors and soldiers, whose decisions have life-and-death consequences. But think what could happen if sleep-deprived teachers, businesspeople, lawyers, homebuilders and

others were more subject to moral lapses. Better sleep may equal better decision making.

Magic Power 5: Lose a Few Pounds

I) It should come as no surprise that the trend toward shorter sleep duration in this country has coincided with an increasing trend toward obesity. Recent studies suggest that people who get inadequate amounts of sleep are more likely to gain weight. “With sleep deprivation, we see a reduction in metabolism and an increase in appetite,” explains Michael Breus, Ph.D, author of *Good Night: The Sleep Doctor’s 4-Week Program to Better Sleep and Better Health*. Inadequate sleep lowers levels of leptin, the hormone that causes you to feel full, while increasing levels of ghrelin, the hormone that makes you feel hungry. “What’s also fascinating,” notes Breus, “is that sleep deprivation influences your food choices, making you crave high-carb and high-sugar foods.” This is because sleep loss decreases *insulin* (胰岛素) sensitivity, putting the sleep-deprived at higher risk for developing *type 2 diabetes* (II型糖尿病). So sleep more and it may be easier to fight that cookie craving, and wake up a whole new you.

(1,147 words)

- _____ 1. The first thing you can do to maintain your youth and good looking is to have enough sleep at night.
- _____ 2. Either drinking a lot of alcohol or lack of sleep will have negative effect on your mental health.
- _____ 3. If it is hard for you to get to sleep, you will feel you are under great pressure and then find it harder to fall asleep, which is a vicious circle.
- _____ 4. The increasing decrease in sleeping time will bring a lot of dangers to people's health, even life.
- _____ 5. Those who suffer from sleep inadequacy may feel it difficult for them to make reasonable decisions.
- _____ 6. Diseases related with heart, blood vessels and immune function can be attributed to long-term insufficient sleep.
- _____ 7. Less and less sleep will make you feel like eating more and more, which will finally result in overweight, even diabetes.
- _____ 8. Though vaccinated, it is still easy for one to be infected with flu virus if he/she sleeps for no more than four hours each night.
- _____ 9. Good sleep can contribute to a harmonious relationship with your lover.
- _____ 10. People who sleep less will like food containing a lot of sugar more than those who have adequate sleep.

Passage 3

Fashion Is Always Changing

How we look and how we appear to others probably worries us more when we are in our teens or early twenties than at any other time in our life. Few of us are content to accept ourselves as we are, and few are brave enough to ignore the trends of fashion.

Most fashion magazines or TV advertisements try to persuade us that we should dress in a certain way or behave in a certain manner. If we do, they tell us, we will be able to meet new people with confidence and deal with every situation confidently and without embarrassment. Changing fashion, of course, does not apply just to dress. A barber today does not cut a boy's hair in the same way as he used to, and girls do not make up in the same way as their mothers and grand-mothers did. The advertisers show us the latest fashionable styles and we are constantly under pressure to follow the fashion in case our friends think we are odd or dull.

What causes fashions to change? Sometimes convenience or practical necessity or just the fancy of an influential person can establish a fashion. Take hats,

for example. In cold climates, early buildings were cold inside, so people wore hats indoors as well as outside. In recent times, the late President Kennedy caused a depression in the American hat industry by not wearing hats: more American men followed his example.

There is also a cyclical pattern in fashion. In the 1920s in Europe and America, short skirts became fashionable. After World War Two, they dropped to ankle length. Then they got shorter and shorter and the miniskirt was in fashion. After a few more years, skirts became longer again.

Today, society is much freer and easier than it used to be. It is no longer necessary to dress like everyone else. Within reason, you can dress as you like or do your hair the way you like instead of the way you should because it is the fashion. The popularity of jeans and the "untidy" look seems to be a reaction against the increasingly expensive fashion of the top fashion houses.

At the same time, appearance is still important in certain circumstances and

then we must choose our clothes carefully. It would be foolish to go to an interview for a job in a law firm wearing jeans and a sweater; and it would be discourteous to visit some distinguished scholar looking as if we were going to the beach or a

night club. However, you need never feel depressed if you don't look like the latest fashion photo. Look around you and you'll see that no one else does either!

(458 words)

Comprehension Exercise

Choose the best answer for each of the following questions.

- The author thinks that people are _____.
 - satisfied with their appearance
 - concerned about their appearance in old age
 - far from neglecting what is in fashion
 - reluctant to follow the trends in fashion
- Fashion magazines and TV advertisements seem to link fashion to _____.
 - confidence in life
 - personal dress
 - individual hairstyle
 - personal future
- Causes of fashions are _____.
 - uniform
 - varied
 - unknown
 - inexplicable
- According to the passage, which of the following statements is true?
 - It is always necessary to dress like everyone else.
 - Long skirts are out of fashion forever.
 - You can dress as you like or do your hair the way you like, but you should do it reasonably.
 - Jeans and the "untidy" look are the fashion of the 21st century.
- According to circumstances, which of the following appearances is appropriate?
 - When you visit a distinguished scholar, you wear bikini.
 - When you go to a job interview, you wear formal suit.
 - When you go to the beach, you wear jeans and sweater.
 - When you go to a night club, you wear sports shirt.

Passage 4

Government Control in Economic Life

In cities with rent control, the city government sets the maximum rent that a landlord can charge for an apartment. Supporters of rent control argue that it protects people who are living in apartments. Their rent cannot increase; therefore, they are not in danger of losing their homes. However, the critics say that after a long time, rent control may have negative effects. Landlords know that they cannot increase their profits. Therefore, they invest in other businesses where they can increase their profits. They do not invest in new buildings which would also be rent-controlled. As a result, new apartments are not built. Many people who need apartments cannot find any. According to the critics, the end result of rent control is a shortage of apartments in the city.

Some theorists argue that the minimum wage law can cause problems in the same way. The federal government sets the minimum that an employer must pay workers. The minimum helps people who generally look for unskilled, low-paying jobs. However, if the minimum is high, employers may hire fewer workers. They will replace workers with machinery. The

price, which is the wage that employers must pay, increases. Therefore, other things being equal, the number of workers that employers want decreases. Thus, critics claim, an increase in the minimum wage may cause unemployment. Some poor people may find themselves without jobs instead of with jobs at the minimum wage.

Supporters of the minimum wage say that it helps people keep their dignity. Because of the law, workers cannot sell their services for less than the minimum. Furthermore, employers cannot force workers to accept jobs at unfair wages.

Economic theory predicts the results of economic decisions such as decisions about farm production, rent control, and the minimum wage. The predictions may be correct only if "other things are equal". Economists do not agree on some of the predictions. They also do not agree on the value of different decisions. Some economists support a particular decision while others criticize it. Economists do agree, however, that there are no simple answers to economic questions.

(348 words)

Comprehension Exercise

Choose the best answer for each of the following questions.

1. There is the possibility that setting maximum rent may _____.
 - A) cause a shortage of apartments
 - B) worry those who rent apartments as homes
 - C) increase the profits of landlords
 - D) encourage landlords to invest in building apartment
2. We can safely say that rent control _____.
 - A) will always benefit those who rent apartments
 - B) is unnecessary
 - C) will bring negative effects in the long run
 - D) is necessary under all circumstances
3. The problem of unemployment will arise _____.
 - A) if the minimum wage is set too high
 - B) if the minimum wage is set too low
 - C) if the workers are unskilled
 - D) if the maximum wage is set
4. The passage tells us _____.
 - A) the relationship between supply and demand
 - B) the possible results of government controls
 - C) the necessity of government control
 - D) the urgency of getting rid of government controls
5. Which of the following statements is not true?
 - A) The results of economic decisions can not always be predicted.
 - B) Minimum wage can not always protect employees.
 - C) Economic theory can predict the results of economic decisions if other factors are not changing.
 - D) Economic decisions should not be based on economic theory.