智慧背单词

- 大纲词汇全覆盖
- 文章篇幅最小化
- 阅读记词互促进
- 备考效率最大化

大学英语四级
智慧背单词

◆ 主编 黄晓红



ZHEJIANG UNIVERSITY PRESS
浙江大学出版社

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PREFACE

前　言

本书独特之处在于将记词与阅读合二为一。

备考 CET-4，记词是必要的，但是，过去通常背词汇表的做法不仅枯燥乏味令许多同学半途而废，而且即使坚持背完大纲词汇，仍然不能准确且迅速地理解文章，依旧需要花费许多时间训练阅读能力。本书采用多种文体，将大纲词汇完全覆盖在内。同学们可以在阅读中记词，记词与阅读相辅相成，这样备考的效率会大大提高。

为了在一本书的篇幅内将大纲词汇完全覆盖，我们特邀编程人员为本书的选材编写了程序，实现了在覆盖考纲词汇的前提下，文章的总篇幅最小化。这样，同学们不仅可以同时完成记词与阅读两个作业，还将以最高的效率来完成。

本书选用了许多有趣的或者有意义的短文和句子，建议同学们在阅读时仔细研读其中的含义，达到准确的理解。

本书配置了许多 CET-4 真题句，同学们可以在阅读记词的过程中，试读真题句。如果能以 100 词/分钟的速度阅读并正确理解真题句，那么就基本上达到了大学四级的考试要求。

本书由北京大学刘实总策划。

编　者

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健康生活



读背一体

Millions of youngsters across Europe could suffer permanent hearing loss after five years if they listen to MP3 players at too high a volume for more than five hours a week, EU scientists warned.

The scientists' study, requested by the European Commission, attacked the concept of "leisure noise," saying children and teenagers should be protected from increasingly high sound levels—with loud mobile phones also coming in for criticism.

"There has been increasing concern about exposure from the new generation of personal music players which can reproduce sounds at very high volumes without loss of quality," the Commission, the EU's executive arm, said in a statement.

"Risk for hearing damage depends on sound level and exposure time," it said. More and more young people were exposed to the significant threat that leisure noise posed to hearing, it said.

The scientists calculated the number of people in that risk category at between 5 and 10 percent of listeners, meaning up to 10 million people in the European Union.

Sales of personal music players have soared in EU countries in recent years, particularly of MP3 players.

Mobile phones used at excessive volume also

欧盟的科学家们向欧洲数百万年轻人发出警告，如果他们以过高的音量每周听 MP3 超过五个小时的话，五年后可能会永久失聪。

科学家们受欧洲委员会委托，开展了这项研究，抨击了所谓的"休闲噪音"，他们指出，应保护儿童和青少年，让他们远离日益增多的音量危害，手机噪音也同时成为被指责的对象。

作为欧盟的执行机构，该委员会在一份声明中表示："新一代的个人音乐播放器在以很高音量播放音乐时仍能够保证音质不失真，由此引发的安全使用问题已受到越来越多的关注。"

声明称："听力受损的风险主要取决于音量大小和听的时间长短。"越来越多的年轻人正面临休闲噪音对听觉造成的严重威胁。

据科学家统计，目前欧盟各国有 5%至 10%的听者面临此问题，这意味着总人数多达 1000 万。

近年来，欧盟各国的个人音乐播放器，尤其是 MP3 播放器的销量增长迅速。

欧盟委员会负责消费者权益保护事

came under fire from Meglena Kuneva, the EU's consumer affairs commissioner. "I am concerned that so many young people... who are frequent users of personal music players and mobile phones at high acoustic levels, may be unknowingly damaging their hearing irrevocably, " she said in the statement.

务的委员梅格莱娜·库涅娃还批评了手机过高音量所带来的危害。她在声明中表示,"这么多年轻人……频繁接触个人音乐播放器和手机带来的超高音量，我担心他们会在不经意间给自己的听力造成无法挽回的损害。"



四级词汇

volume ［'vɔlju:m］ ***n.*** 卷，册，书卷；体积，容积，容量；音量，响度

request ［ri'kwest］ ***n.*** 要求；请求 ***v.*** 要求；请求

commission ［kə'miʃən］ ***n.*** 委员会；佣金，回扣；授权，委托 ***vt.*** 委任，委托

leisure ［'li:ʒə］ ***n.*** 空闲时间，闲暇；悠闲，安逸

criticism ［'kritisizəm］ ***n.*** 批评，批判，指责；评论，评论文章

exposure ［iks'pəuʒə］ ***n.*** 暴露，显露；揭发，揭露；曝光

personal ［'pə:sənl］ ***adj.***.个人的，私人的；亲自的；针对个人的，涉及隐私的

executive ［ig'zekjutiv］ ***n.*** 主管，高级行政人员；(政府的)行政部门 ***adj.*** 执行的，行政的

significant ［sig'nifikənt］ ***adj.*** 相当数量的；重要的，意义重大的；意味深长的

threat ［θret］ ***n.*** 恐吓，威胁；坏兆头，危险迹象

pose ［pəuz］ ***vt.*** 造成，引起(困难等)；提出(问题等)，陈述(论点等) ***vi.*** 摆姿势；假装，冒充，装腔作势 ***n.*** 样子，姿势

union ［'ju:njən］ ***n.*** 协会，工会，同盟；联合，合并；一致，融洽

soar ［sɔ:］ ***vi.*** 猛增，剧增；高飞，升腾；高耸，屹立；(情绪、期望等)高涨

excessive ［ik'sesiv］ ***adj.*** (贬)过多的，过分的，过度的

scale ［skeil］ ***n.*** 大小，规模；等级，级别；[*pl.*]天平，磅秤；比例(尺)；刻度，标度；(鱼等的)鳞 ***vt.*** 攀登，爬越

damaging ［'dæmidʒiŋ］ ***adj.*** 有破坏性的，损害的，诽谤的



四级真题

◆I recall an incident in a handball game when a referee refused a player's request for a time out for a glove change because he did not considered then wet enough.［2005 年 6 月］

◆Do not, under any circumstances, share your social security, driver's license, and bank account numbers or other personal information, such as race or eye color.［2007 年 6 月］

◆His temper and personally show that he can become a soldier of the top _____.

A) circle　　B) rank　　C) category　　D) grade

答案：B［2005 年 1 月］

◆"We're making products in those countries, we're adapting them to the tastes of those

countries, building businesses and employing people and changing lives," said Steve Reinemund, Pepsi Co's chief executive.［2005 年 12 月］



读背一体

Can't remember life before mobiles? Chances are you'll also struggle to recall your home phone number and family birthdays.

According to a survey released on Friday, the boom in mobiles and portable devices that store reams of personal information has created a generation incapable of memorizing simple things.

A quarter of those polled said they couldn't remember their landline number, while two-thirds couldn't recall the birthdays of more than three friends or family members.

The tech-savvy young fared worse than older people. The under-30s could remember fewer birthdays and numbers than the over-50s, according to the survey.

Two-thirds said they relied on their phone or electronic organizer to remember key dates.

"People have more to remember these days and they are relying on technology more for their memory," said Ian Robertson, professor of psychology at Trinity College, Dublin.

Researchers polled 3,000 people over the last two weeks in the survey for *Puzzler Brain Trainer* magazine.

不记得没有手机的日子了？可能你也记不清家里的电话号码和家人的生日了。

据上周五公布的一项调查，随着可存储大量私人信息的移动产品和便携设备的兴起，如今的人连最简单的事也记不住了。

四分之一的受访者称不记得家里的电话号码；三分之二的人最多能记得三个亲戚或朋友的生日。

"精通科技"的年轻人在这方面可不如年龄较大的人。调查显示，30 以下的年轻人能记得的生日和电话号码比 50 岁以上的人少。

三分之二的受访者称，他们主要靠手机或电子记事本来帮助自己记一些重要的日子。

都柏林圣三一学院的心理学教授伊恩·罗伯逊说："如今人们记这些日子的手段越来越多，而且他们的记忆更为依赖科技手段。"

此项为《智力训练》杂志开展的调查于上两周进行，共有 3000 人参与。



四级词汇

survey ［'sə:vei］ ***vt./n.*** 调查，查勘；测量，勘测；全面审视，概括论述

release ［ri'li:s］ ***vt.*** 释放，排放；解除，解脱；放开，松开；发布，发行

boom ［bu:m］ ***n./vi.*** (营业额等的)激增，(经济等的)繁荣，迅速发展；(发出)隆隆声

device ［di'vais］ ***n.*** 装置，设备，仪表；方法，设计
incapable ［in'keipəbl］ ***adj.*** (of)无能力的，不会的
fare ［fɛə］ ***vi.*** 进展 ***n.*** (车、船、飞机等)费，票价
reliance ［ri'laiəns］ ***n.*** 依赖，依靠
psychology ［sai'kɔlədʒi］ ***n.*** 心理学，心理状态



四级真题

◆Women have slightly better memories than men, possibly because they pay more attention to their environment, and memory relies on just that.［2002 年 6 月］

◆"They worry they'll be mistaken for grandparents, or that they'll need help getting up out of those little chairs in nursery school," says Joann Galst, a New York psychologist.［2006 年 6 月］

◆Of course no psychological health can be obtained without the efforts from the students themselves.［2008 年 12 月］

◆Asked how to approach a parent in this situation, psychologist Meredith Fuller answers: "Explain your needs as well as stressing the importance of the friendship."［2008 年 12 月］

◆As is known to all, psychological health is as important as, if not more important than, physical health for a student during his/her growth.［2008 年 12 月］



读背一体

Work Stress Doubles Risk of Heart Disease Death

Healthy people with stressful jobs who work long hours but get little satisfaction from what they do have twice the risk of dying from heart disease as satisfied employees, according to a study.

Job stress has been known to trigger heart problems in people who already have cardiovascular disease. Now Finnish scientists have shown that even in healthy people the pressures of work can take their toll.

Obesity, high blood pressure, lack of exercise, smoking and being overweight contribute to heart disease—a leading killer in many industrialized countries.

工作压力导致心脏疾病死亡率倍增

研究表明：在健康人群中，那些工作时间很长但是却对工作现状不满的人死于心脏疾病的几率是对工作感到满意的人的两倍。

众所周知，对于心血管功能不好的人来说，太大的工作压力更容易引起心血管疾病。但最近芬兰科学家的研究结果告诉我们，即便对于健康人来说，来自工作压力的仍有可能夺去他们宝贵的生命。

在许多发达的工业化国家，心脏病是夺走人们健康的头号杀手，而引起心脏病的因素有很多，包括肥胖、高血压、缺乏锻炼、抽烟甚至体重超标等。

But Mika Kivimaki, of the Finnish Institute of Occupational Health, and his colleagues, who studied the medical histories of 812 healthy Finnish men and women in a metal industry company over 25 years, said job stress also plays an important role.

Workers who had the highest job-related stress levels at the start of the study were more than twice as likely to die of heart disease, according to the study published in *The British Medical Journal*.

Work stress involves too much work as well as a lack of satisfaction and feeling undervalued and unappreciated.

Many people work long hours but if the effort is rewarding the stress is minimized. Kivimaki said job pressure is damaging when being overworked is combined with little or no control, unfair supervision and few career opportunities.

The British Heart Foundation said the results support earlier research showing that people in jobs with low control, such as manual workers, could be at greater risk of heart disease than other employees.

"It is advisable for people to try to minimize levels of stress at work and for employers to allow people to have more control at work and to be rewarded for their successes," the foundation said in a statement.

然而，在过去的 25 年里，芬兰职业卫生研究所米卡·基维迈基和他的同事们对芬兰一家金属公司的 812 名健康芬兰职工进行了长期的病史跟踪研究。结论是：工作压力过大同样也是导致心脏病发作的重要因素之一。

基维迈基将自己的研究结果发表在《英国医学杂志》上，文中他提到，他在研究初期发现，工作压力过大的人群死于心脏病的几率是正常人的两倍之多。

工作压力包含很多方面，如工作量过大、对工作感到不满意，或在工作中不得志等。

许多人工作量也相当大，但是工作很有成效，这种情况下工作压力就会相对减轻。基维迈基说工作量过大的人如果遇上差劲的管理、糟糕的上司和黯淡的工作前景，工作压力就会骤增。

英国心脏基金会认为基维迈基的这一调查与基金会早前的一项研究结果一致。在那份研究中他们得出的结论是：在工作控制较低的行业工作的人，如体力劳动者，得心脏病的几率明显高于其他行业。

基金会的一份文件中这样写道："建议人们平时在工作当中要量力而行，尽量将工作压力降到最低程度。同时雇主们也要尽量减轻员工的工作压力，改善管理体系并进行及时的论功行赏。"

四级词汇

toll ［təul, tɔl］ ***n.*** (道路、桥梁等的)通行税；损坏，死伤人数
colleague ［'kɔli:g］ ***n.*** 同事，同僚
involve ［in'vɔlv］ ***v.*** 卷入，陷入，连累；包含，含有，涉及
supervise ［'s(j)u:pəvaiz］ ***vt.*** 监督，管理，指导
manual ［'mænjuəl］ ***adj.*** 手的，手工做的，体力的 ***n.*** 手册，指南
advisable ［əd'vaizəbl］ ***adj.*** 可取的，适当的



四级真题

◆The dictionary meaning of the term “associate” is “colleague”, “friend”, “companion”. [2005 年 6 月]

◆Kids of older dads are often smarter, happier and more sociable because their fathers are more involved in their lives. [2006 年 6 月]

◆I don’t think it advisable that Tom _____ to the job since he has no experience.

A) is assigned　　B) will be assigned　　C) be assigned　　D) has been assigned

答案：C [1997 年 6 月]

◆In many cases, this involves some form of socializing within the office environment—not just in large companies, but in small workplaces as well. [2004 年 6 月]

◆I sat in the cubicles with several male colleagues. [2003 年 12 月]



读背一体

The Joy of Living

Joy in living comes from having fine emotions, trusting them, giving them the freedom of a bird in the open. Joy in living can never be assumed as a pose, or put on from the outside as a mask. People who have this joy do not need to talk about it; they radiate it. They just live out their joy and let it splash its sunlight and glow into other lives as naturally as bird sings.

We can never get it by working for it directly. It comes, like happiness, to those who are aiming at something higher. It is a byproduct of great, simple living. The joy of living comes from what we put into living, not from what we seek to get from it.

生活的乐趣

生活的乐趣来源于良好的情绪，信赖这些情绪，并任由它们如同鸟儿高翔于天空般地自由自在。生活的乐趣是无法靠姿态摆出来的，也无法用戴上一张面具来伪装。拥有这种乐趣的人们无需挂在嘴边，他们自然会焕发出快乐的气息。他们自己生活在快乐当中，也将这样的快乐自然而然地感染着他人，犹如是鸟儿就必将歌唱。

直接追求生活的乐趣却只会使乐趣远离我们，它与幸福一样青睐胸有大志的人们。生活过得高雅、简单便会产生出乐趣。它是我们对生活的投入，而非所求。



四级词汇

pose [pəuz] ***vt.*** 造成，引起(困难等)；提出(问题等)，陈述(论点等)　***vi.*** 摆姿势；假装，冒充，装腔作势　***n.*** 样子，姿势

splash [splæʃ] ***vt.*** 溅，泼；泼墨般洒，使成斑驳状　***vi.*** 溅泼；飞溅　***n.*** 溅泼声；溅出的

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水(或泥浆等)；(光、色等的)斑点

glow ［gləu］ ***n.*** 光亮，光辉；脸红，(身体)发热；激情 ***vi.*** 灼热，发(灼)光；(脸)红，(身体)发热；(感情等)洋溢



读背一体

Violent computer games may make people more likely to act aggressively, a study says.

Previous research has found people who play such games are more likely to be aggressive but some say this just shows violent people gravitate (被吸引) towards them.

But a team from the University of Missouri-Columbia said their study which monitored the brain activity of 39 game players suggests a causal link. The findings were published on the *New Scientist* website.

The researchers measured a type of brain activity called the P300 response which reflects the emotional impact of an image.

When shown images of real-life violence, people who played violent video games were found to have a diminished response.

However, when the same group were shown other disturbing images such as dead animals or ill children they had a much more natural response.

When the game players were given the opportunity to punish a pretend opponent those with the greatest reduction in P300 meted out (给予) the severest punishments.

Psychologist Bruce Bartholow, the lead researcher of the study which will be published in full in the *Journal of Experimental Social Psychology* later this year, said: "As far as I'm aware, this is the first study to show that exposure to violent games has effects on the brain that predict aggressive behaviour."

研究表明，玩暴力电脑游戏会让人变得更具侵略性。

此前的调查发现爱玩暴力游戏的人侵略性较强，但是有人说这只能说明具有暴力倾向的人喜欢玩暴力游戏。

密苏里哥伦比亚大学的一个研究小组说，他们对 39 个游戏"玩家"的脑部运动进行了监控，结果发现玩暴力游戏确实会导致暴力倾向。这个研究结果公布在《新科学家》杂志的网页上。

研究人员对一种名为"P300 反应"的脑部活动进行了测量，"P300 反应"体现了图像对人情绪的影响。

当把现实中的暴力画面放在暴力游戏玩家面前时，他们的反应不是很强烈。

然而，当看到其他的消极画面时，比如，死去的动物或生病的孩子，他们的反应则比较正常。

但是，当一个虚拟对手出现，游戏玩家得到惩罚对手的机会时，P300 反应最弱的玩家给予了对手最严厉的惩罚。

这项研究的领头人、心理学家布鲁斯·巴索洛说："据我了解，这项研究首次揭示玩暴力游戏会对预知进攻行为的脑部组织产生影响。"研究报告全文将于今年晚些时候在《实验社会心理学》杂志上发表。

People who play a lot of violent video games didn't see them as much different from neutral. "They become desensitized. However, their responses are still normal for the non-violent negative scenes."

The findings will back up what many have argued over recent years with the growth in games with scenes of graphic violence.

爱玩视频暴力游戏的人并不觉得自己跟其他人有什么不一样。"他们的感觉变得迟钝。但是在看到非暴力的消极场景时，他们的反应还是正常的。"

近年来，带有暴力场景的电脑游戏不断增多，很多人对此提出异议，而此项研究结果则将成为这些人的有力支持。

注：P300 是一个跟独特信息有关的波形(即在刺激画面呈现之后 300 毫秒时，大脑所出现的一个正波)。



四级词汇

aggressive ［ə'gresiv］ ***adj.*** ［贬］侵略的，好斗的；［褒］敢作敢为的，有进取心的

impact ［'impækt］ ***v.*** 影响 ***n.*** 影响(力)；冲击，撞击

severe ［si'viə］ ***adj.*** 严重的；严厉的，严格的；严峻的，艰难的；朴素的，不加装饰的

graphic ［'græfik］ ***adj.*** 生动的，形象的；绘画的，文字的，图表的 ***n.*** 平面造型，艺术作品；图表



四级真题

◆And by focusing attention on healthy ways of living, the concept of wellness can have a beneficial impact on the ways in which people face the challenges of daily life.［2006 年 12 月］

◆Charles Boutron, an expert on the impact of heavy metals on the environment at the National Center for Scientific Research in France.［2005 年 1 月］

◆Encoding, Schacter explains, is a special way of paying attention to an event that has a major impact on recalling it later.［2002 年 6 月］

◆Educating women also has a significant impact on health practices, including family planning.［2006 年 6 月

◆The impact of this sameness on our emotional energy is gradual, but huge: It's like a tire with a slow leak.［2006 年 12 月］



读背一体

Omega-3 fatty acids, like those found in fish, may give a boost to behavior, mood and personality,

最新的研究结果显示，通常存在于鱼肉中的 Omega-3 脂肪酸可能改善个人行为

new research suggests.

University of Pittsburgh researchers found that volunteers with lower blood levels of Omega-3 polyunsaturated fatty acids were more likely than others to be impulsive, to have a more negative outlook, and to report mild or moderate symptoms of depression. Study participants with higher blood levels of Omega-3 fatty acids were found to be more agreeable, however. The findings were presented Friday at the American Psychosomatic Society meeting, in Denver.

"A number of previous studies have linked lower levels of Omega-3 to clinically significant conditions such as major depressive disorder, bipolar disorder, schizophrenia, substance abuse and attention-deficit disorder," Sarah Conklin, a postdoctoral scholar with the psychiatry department's Cardiovascular Behavioral Medicine Program, said in prepared statement.

"However, few studies have shown that these relationships also occur in healthy adults. This study opens the door for future research looking at what effect increasing Omega-3 intake, whether by eating Omega-3 rich foods like salmon, or taking fish-oil supplements, has on people's mood," Conklin said.

方式并对心情与性格产生激励作用。

美国匹兹堡大学研究人员研究发现，在参加研究的志愿者中，血液中 Omega-3 多不饱和脂肪酸含量较低的人比较容易冲动，他们对未来的看法更消极，更多地呈现出轻度或中度的抑郁症状。然而，那些血液中 Omega-3 含量较高的参与者却显得更加气顺心和。该研究结果于周五在丹佛召开的美国身心健康协会会议上被公之于众。

正在匹兹堡大学精神病学系从事心血管行为医学项目博士后研究工作的莎拉·康克林表示："通过此前多次研究，科学家认为，血液中 Omega-3 脂肪酸含量较低与严重抑郁症、两极性精神紊乱（特点为躁狂与抑郁并发）、精神分裂症、滥用药物以及注意力不集中等临床症状有关。"

"然而，此前很少有研究显示上述联系（Omega-3 脂肪酸含量低与临床病症有关）也会发生在健康的成年人身上。那么，吃富含 Omega-3 脂肪酸的食物，比如鲑鱼，或者补充鱼肝油，增加 Omega-3 脂肪酸摄入量，到底会对一个人的情绪产生什么样的影响呢？"康克林说。

四级词汇

acid ［'æsid］ ***n.*** 酸，酸性物质 ***adj.*** 酸的；尖刻的，刻薄的

boost ［bu:st］ ***vt.*** 提高，使增长；推动，激励；宣扬，替……做广告 ***n.*** 提高，增长；推动，促进

mood ［mu:d］ ***n.*** 心情，情绪；（动词的）语气

impulsive ［im'pʌlsiv］ ***adj.*** 易冲动的

moderate ['mɔdərit] ***adj.*** 中等的，一般的；温和的，稳健的；有节制的，适度的 ***v.*** （使）和缓，减轻，节制 ***n.*** 持温和观点者

symptom ['simptəm] ***n.*** 症状；征候，征兆

depression ［diˈpreʃən］ ***n.*** (心情)抑郁，沮丧；(经济)不景气，萧条(期)；洼地，凹陷
substance ［ˈsʌbstəns］ ***n.*** 物质；实质；大意，要旨；根据，理由
abuse ［əˈbjuːz］ ***v.*** 滥用；虐待；辱骂 ***n.*** 滥用；虐待；辱骂
scholar ［ˈskɔlə］ ***n.*** 学者；奖学金获得者
intake ［ˈinteik］ ***n.*** (水管、煤气管等的)入口，进口，通风口，(在一定期间的)引入的量
supplement ［ˈsʌplimənt, ˈsʌpliment］ ***n.*** 增补(物)，补充(物)；增刊，副刊 ***vt.*** 增补，补充



四级真题

◆One factor that can influence consumers is their mood state.［2007 年 12 月］

◆After working all day, he was so tired that he was in no _____ to go to the party with us.

A) taste　　B) mood　　C) sense　　D) emotion

答案：B［2006 年 6 月］

◆More than 200 viruses can cause cold symptoms, while the flu is caused by three viruses—flu A, B and C.［2005 年 1 月］

◆It advises parents to call the doctor if their small children have flu-like symptoms.［2005 年 1 月］



读背一体

Bad moods can actually be good for you, with an Australian study finding that being sad makes people less gullible, improves their ability to judge others and also boosts memory.

The study, authored by psychology professor Joseph Forgas at the University of New South Wales, showed that people in a negative mood were more critical of, and paid more attention to, their surroundings than happier people, who were more likely to believe anything they were told.

"Whereas positive mood seems to promote creativity, flexibility, cooperation, and reliance on mental shortcuts, negative moods trigger more attentive, careful thinking, paying greater attention to the external world," Forgas wrote.

澳大利亚新近的一项研究发现，负面情绪能够提高人们的判断力，让他们少受骗，同时还能增强记忆力。

由新南威尔士大学心理学教授约瑟夫·弗格斯主持的这项研究显示，处于负面情绪中的人对周围环境更具有洞察力，也更具批判性；而相比之下，开心的人们不太注意周围环境，而且很容易相信别人对他们说的话。

弗格斯在他的论文中写道："积极的情绪似乎能够使人更具有创造力和灵活性，乐于合作，并且倾向于依赖心理捷径；反之，消极情绪则会激发更多的注意力，使人变得谨慎，更多地关注和思考外部世界。"

"Our research suggests that sadness... promotes information processing strategies best suited to dealing with more demanding situations."

For the study, Forgas and his team conducted several experiments that started with inducing happy or sad moods in their subjects through watching films and recalling positive or negative events.

In one of the experiments, happy and sad participants were asked to judge the truth of urban myths and rumors and found that people in a negative mood were less likely to believe these statements.

People in a bad mood were also less likely to make snap decisions based on racial or religious prejudices, and they were less likely to make mistakes when asked to recall an event that they witnessed.

The study also found that sad people were better at stating their case through written arguments, which Forgas said showed that a "mildly negative mood may actually promote a more concrete, accommodative and ultimately more successful communication style."

"Positive mood is not universally desirable: people in negative mood are less prone to judgmental errors, are more resistant to eyewitness distortions and are better at producing high-quality, effective persuasive messages," Forgas wrote.

The study was published in the November/December edition of the *Australian Science Journal*.

"我们的研究显示，在面临具有挑战性的情况时，悲伤会促发一种有益的信息处理策略，帮助人们更好地解决问题。"

为了展开这项研究，弗格斯和他的小组设计了一系列实验，他们首先通过影视观赏或者引导被试者回忆积极或消极事件，来激发他们喜悦或者悲哀的情绪。

在其中一个实验中，他们请处于积极情绪中的和消极情绪中的参与者们判断都市传奇和流言的真实性，结果发现，心情不好的参与者更倾向于不相信这些故事。

当人们处在消极的情绪中时，他们比较少对于类似种族和宗教歧视这样的问题作出轻率的决定，并且，当他们被要求回忆自己目睹过的事件时，会叙述得更精确，错误更少。

研究还发现，消极的人更擅长于通过书面形式来陈述自己的情况，关于这一点，弗格斯说："这个现象表明，事实上，轻微的消极情绪也许有助于形成一种更具体的、适应性强的，且更成功的交流方式。"

"积极情绪并不是在任何时候都有益。因为处在消极情绪中的人们更不容易出现判断失误，并且可以避免目击者扭曲，提供高质量、高效的、具有说服力的信息。"弗格斯写道。

这项研究的结果发表于《澳大利亚科学杂志》的 11/12 月刊。

四级词汇

critical ［ˈkritikəl］ ***adj.*** 决定性的，关键性的；危急的；批评的，批判的

whereas ［wɛərˈæz］ ***conj.*** 然而，但是，尽管

flexibility ［ˌfleksəˈbiləti］ ***n.*** 韧性；适应性

cooperative ［kəuˈɔpərətiv］ ***n.*** 合作社，合作商店(或企业等) ***adj.*** 合作的，协作的

shortcut ［ˈʃɔːtkʌt］ ***n.*** 捷径

external ［ek'stə:nl］ ***adj.*** 外部的，外面的，外表的
strategist ［'strætidʒist］ ***n.*** 战略家
induce ［in'dju:s］ ***v.*** 引诱，劝使；引起，导致；感应
urban ［'ə:bən］ ***adj.*** 都市的；住在都市的
myth ［miθ］ ***n.*** 神话；虚构的信念(或观念、理论)；杜撰出来的人(或事物)
rumor ［'ru:mə］ ***n.*** 传闻，谣言
snap ［snæp］ ***vi.*** 喀嚓折断，啪地绷断；吧嗒一声(关上或打开)；(at)猛咬；(at)厉声说话，怒声责骂 ***vt.*** 使喀嚓一声折断；使发出吧嗒一声(关上或打开)；给……拍快照 ***n.*** 吧嗒声；快照 ***adj.*** 仓促的，突然的
prejudice ［'predʒudis］ ***n.*** 偏见，成见 ***vt.*** 使有偏见，对……不利，损害
witness ［'witnis］ ***n.*** 目击者，见证人；证据，证言 ***vt.*** 目击，注意到；为……作证，证明
ultimately ［'ʌltimitli］ ***adj.*** 最后，最终
style ［stail］ ***n.*** 风格，文体；式样，类型；流行式样，时尚 ***vt.*** (根据新款式)设计
desirable ［di'zaiərəbəl］ ***adj.*** 值得向往的，值得拥有的；可取的，有利的
effective ［i'fektiv］ ***adj.*** 有效的，生效的，起作用的；给人印象深刻的；实际的，事实上的



四级真题

◆Arthur von Wiesenberger, who carries the title Water Master, is one of the few water critics in North America.［2006 年 12 月］

◆The author's attitude towards the judge's ruling could be described as _____.
A) doubtful　　B) critical　　C) cautious　　D) supportive
答案：A［2003 年 6 月］

◆A restaurant's typical mark-up on wine is 100 to 150 percent, whereas on bottled water it's often 300 to 500 percent.［2006 年 12 月］

◆Some plants are very _____ to light; they prefer the shade.
A) sensible　　B) flexible　　C) objective　　D) sensitive
答案：D［2003 年 12 月］

◆Science and technology have _____ in important ways to the improvement of agricultural production.
A) attached　　B) assisted　　C) contributed　　D) witnessed
答案：C［2005 年 1 月］

◆What personal qualities are desirable in a teacher? I think the following would be generally accepted.［2003 年 6 月］

◆More consumers travel longer distances to and from work, which also makes out-of-home advertising effective.［2008 年 6 月］

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