



新编大学英语4级 阅读180篇

上海交通大学

潘晓燕 主编

六大题源

- ▶ TIME 《时代周刊》
- ▶ The Guardian 《卫报》
- ▶ USA TODAY 《今日美国》
- ▶ The New York Times 《纽约时报》
- ▶ Newsweek 《新闻周刊》
- ▶ The Washington Post 《华盛顿邮报》



20篇题源阅读记单词
120篇专项阅读强化
40篇标准套题训练
11个高频语法
18个阅读技巧

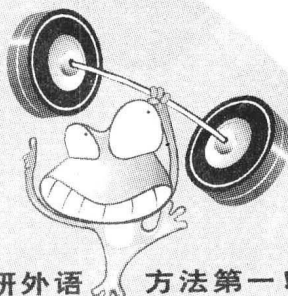
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新编大学英语4级

阅读180篇

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华研外语 方法第一!
www.topwayenglish.com

图书在版编目(CIP)数据

新编大学英语 4 级阅读 180 篇 / 潘晓燕主编. — 汕头: 汕头大学出版社, 2010.12

ISBN 978-7-81120-728-6

I. ①新… II. ①潘… III. ①英语—阅读教学—高等学校—水平考试—自学参考资料 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2010)第 238667 号

新编大学英语 4 级阅读 180 篇

策 划: 华研外语

主 编: 潘晓燕

责任编辑: 胡开祥 王爱方 郭中恺 区志承

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出版发行: 汕头大学出版社

广东省汕头市汕头大学内 邮 编: 515063

电 话: 0754-82903126

经 销: 广东省新华书店

印 刷: 广东新华印刷有限公司

开 本: 787 mm×1092 mm 1/16

印 张: 21.5

字 数: 860 千字

版 次: 2010 年 12 月第 1 版

印 次: 2012 年 1 月第 3 次印刷

定 价: 25.80 元

ISBN 978-7-81120-728-6

发行/广州发行中心 通讯邮购地址/广州市越秀区水荫路 56 号大院 3 栋 9A

邮编 510075 电话/020-37613848 传真/020-37637050

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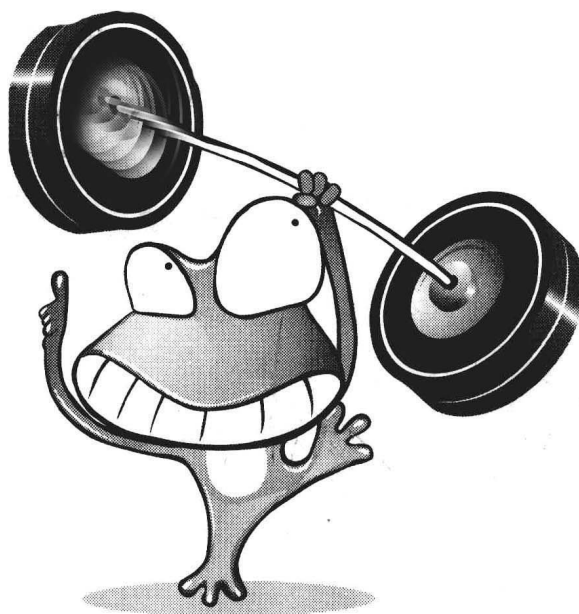
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要相信

你可能就是他人的那道曙光。

要相信你现在还没做到最好。

要相信自己。



前言

Preface

《新编大学英语4级阅读180篇》旨在帮助考生在短时间内突破阅读语法难关、掌握阅读技巧、提高答题速度和正确率。

本书具有以下特色：

6大题源 熟记核心词

怎样才能把单词记得牢固？几乎所有的英语老师都会告诉我们，只有在语境中记单词才能记得牢、记得久。本书根据近年来4级阅读真题的来源，从TIME《时代周刊》、USA Today《今日美国》、Newsweek《新闻周刊》等6大题源报刊上精心挑选出20篇阅读文章。这些题源文章涵盖了4级阅读中常考的700个核心词汇，有效帮助考生在短时间内迅速掌握阅读常见词汇，提高阅读速度。

此外，20篇题源阅读与真题来源、题材一致，有助考生熟悉真题文章的结构和语言风格，增强实战感。

高频语法 读懂出题句

理解长难句，阅读事半功倍！阅读文章中，结构复杂的长难句往往是考试的出题之处，要读懂这些难句，就需要运用语法知识对句子进行结构分析。本书从近几年四级真题中遴选出大量阅读难句，结合相关语法知识，对长难句进行归纳分析，力求用精辟的语言将长难句讲清、讲透，从而使考生避开长难句这个“绊脚石”，在考试中更加得心应手。

3类专项强化 训练解题技巧

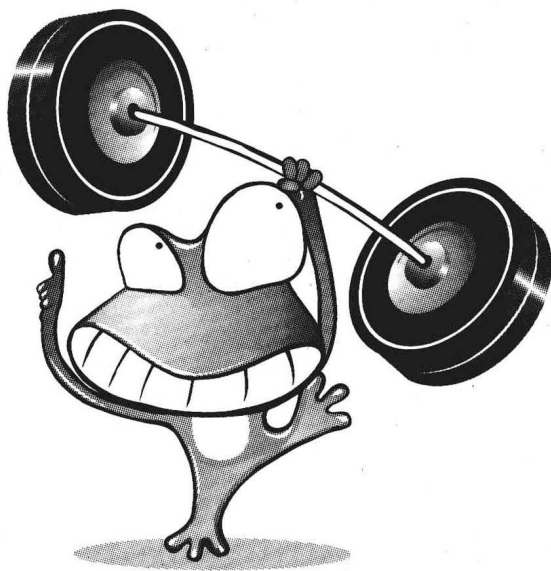
4级考试共包含3种阅读题型，即快速阅读、篇章词汇和篇章阅读。每种题目设置都充满了陷阱，考生一不小心就会被“似是而非”的干扰选项所迷惑，在模棱两可的选项之间拿不定主意。本书总结归纳出这3种阅读题型的解题技巧，如：快速定位技巧、填词技巧、正确选项设置规律、干扰项设置规律等。

考生可根据个人的实际情况，针对自己的弱项学习相应的解题技巧，并通过练习进行强化训练，从而消除阅读中的“软肋”。答题有“技”可循，做题倍感轻松。

10 套实战训练 强化题感

本书最后部分配置了 10 套标准阅读训练,每套题的阅读量、题型和难度与标准的 4 级阅读题一致。考生通过大量标准的套题训练,不但可以训练阅读、强化题感,而且可以根据每篇文章的“建议答题时间”调整阅读速度、以达到在考场上合理分配考试时间的要求。

编 者



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Part

1

题源阅读记单词20篇



How Do You Handle Cheating and Plagiarism?

来源: The New York Times



In my first year teaching, I **discovered** that a student had copied part of an **essay** from something he found **online**. I **went over** the passages with the student and discussed with him why it had **violated** school policy on **academic integrity**, and what he could do to **make up** the **assignment**. **Reluctantly**, I called his parents to tell them what had happened. What I hadn't **expected** was the father's **oral shrug**: "Well, the president doesn't write his own speeches." **Embarrassed**, all I could think to say was, "We both know that's a different situation."

This week, I was **reminded** of that story—and all the other situations when I found that a student had copied material from another **source**—when I read about the 17-year-old German **genius** whose best-selling **novel** turned out to include passages lifted from another book.

The story has caused **controversy** in Germany not only because of the **plagiarism** (剽窃) charge and because the writer, Helene Hegemann, has defended herself, but also because the book is a finalist for a major book prize—and the **selection committee** knew about the plagiarism before choosing the novel as a finalist:

"Obviously, it isn't **completely** clean but, for me, it doesn't change my assessment of the text," said Volker Weidermann, the **jury** member and a book **critic** for the Sunday edition of the newspaper *Frankfurter Allgemeine*, a strong supporter. "I believe it's part of the concept of the book. critic for the Sunday **edition** of the newspaper *Frankfurter Allgemeine*, a strong supporter. "I believe it's part of the **concept** of the book.

Although Ms. Hegemann has **apologized** for not being more open about her sources, she has also defended herself as the **representative** of a different generation, one that freely mixes and matches from the flood of information across new and old media, to create something new. "There's no such thing

核心词汇

discover /dɪs'kʌvə/ *v.* 发现**essay** /'eseɪ/ *n.* 论文**online** /'ɒnlain/ *ad.* 联机地, 在线地**go over** 仔细检查**violate** /'vaɪələt/ *v.* 违反, 违背**academic** /,ækə'demɪk/ *a.* 学术的**integrity** /ɪn'tegreɪtɪ/ *n.* 正直, 诚恳**make up** 补偿, 弥补**assignment** /ə'saɪnmənt/ *n.* 任务, 作业**reluctantly** /rɪ'lʌktəntli/ *ad.* 不情愿地, 勉强地**expect** /ɪk'spekt/ *v.* 预料, 预计……可能发生**oral** /'ɔ:əl/ *a.* 口头的**shrug** /ʃrʌg/ *n.* 耸肩(表示冷漠、怀疑等)**embarrassed** /ɪm'bærəsd/ *a.* 尴尬的**remind** /rɪ'maɪnd/ *v.* 提醒, 使想起**source** /sɔ:s/ *n.* 来源**genius** /'dʒi:nɪəs/ *n.* 天才**novel** /'nɒvəl/ *n.* 小说**controversy** /'kɒntroʊvɜ:sɪ/ *n.* 争论**selection** /sɪ'lekʃən/ *n.* 选择**committee** /kə'mɪtɪ/ *n.* 委员会**obviously** /'ɒbvɪəslɪ/ *a.* 明显地**completely** /kəm'pli:tli/ *a.* 彻底地**assessment** /ə'sesmənt/ *n.* 估价**jury** /dʒʊəri/ *n.* 评判委员会**critic** /'krɪtɪk/ *n.* 批评家, 评论家**edition** /ɪ'dɪʃən/ *n.* 版, 版本**concept** /'kɒnsept/ *n.* 观念, 思想**apologize** /ə'pɒlədʒaɪz/ *v.* 道歉**representative** /,reprɪ'zentətɪv/ *n.* 代表**originality** /ə,rɪdʒɪ'nælɪtɪ/ *n.* 独创性



as **originality** anyway, just *authenticity* (真实性),” said Ms. Hegemann in a statement **released** by her **publisher** after the **scandal** broke.

Meanwhile, on the academic front, the Freakonomics blog reported last week on a study of college plagiarism. The authors found that “the decision to plagiarize **reflects** both a poor understanding of academic integrity and the **perception** that the chance of **detection** and **severe** punishment is low.”

release /rɪˈliːs/ *v.* 发布,发表

publisher /ˈpʌblɪʃə/ *n.* 出版社;出版商

scandal /ˈskændəl/ *n.* 丑事

reflect /rɪˈflekt/ *v.* 反映

perception /pəˈsepʃən/ *n.* 观念

detection /dɪˈtekʃən/ *n.* 发现

severe /sɪˈviə/ *a.* 严重的

参 考 译 文

剽窃有理?

在我从教的第一年,我发现有一个学生从网上抄袭了一篇文章的部分内容。我当着这个学生的面再把这两篇文章仔细对着看了一遍,并跟他探讨为什么要违反学校有关学术诚信的制度,以及他应怎样做出补救。我非常不情愿地给他父母打了电话并把这件事告诉他们。他父亲满不在乎的口气出乎我的意料:“唔,总统的演讲稿也不是自己写的。”我异常窘迫,只能说“我们都知道这是两码事。”

我突然回想起这件事以及其他的一些类似的事情,是由于这个礼拜,我读到了一篇关于德国17岁的天才作家的故事。她的畅销小说的部分篇章剽窃了另一本书上的内容。

这件事在德国引起了争论,不仅仅是因为其作者海琳·海格曼德被指控剽窃,而她为自己作了辩护,同时也因这本书进入了一项比赛的决赛——尽管评审委员会事先听说了剽窃这回事但仍让它进入决赛。

“很显然,这本书并非完全原创的,但是对于我来说,这并没有改变我对该书的评价”,坚定的支持者福尔克·维尔纳说,“我认为这些是她书中观点的一部分”。福尔克·维尔纳是评审团成员兼《法兰克福汇报》周末版的书评家。

尽管海格曼德女士为没有公开她的引用资料来源而道歉,但她同时为自己辩护,她认为,作为新时代的代表,应该被允许通过新老媒质上的大量信息资料混合加工成新的东西。丑闻被公开后,海格曼德女士通过她的出版商发表声明说:“没有任何东西从任何角度来说都是原创的,真实就够了”。

同时,在学术前沿,Freakonomics 的博客上周发布了大学学术剽窃的调研报告,作者发现剽窃反映了对学术诚信的认识不足以及这样一种想法——剽窃被发现和遭受严惩的几率很低。

Teachers' Union Urges More Oversight of Charters

来源: The New York Times



A Buffalo **charter** school, run by a **for-profit** company, received \$7.2 million in taxpayer money last year to **educate** about 500 **elementary** and middle school students. But at the end of the year, the *audit* (查账) it **submitted** to the state only listed its **expenses** **roughly**, including \$1.3 million in **rent** for a building the company owned, \$976,000 for **executive administration** and \$361,000 in **professional fees**.

核心词汇

charter /tʃɑːtə/ *n.* 特许,许可

run /rʌn/ *v.* 运行

profit /ˈprɒfɪt/ *n.* 利润

educate /ˈedʒukeɪt/ *v.* 教育,培养,训练

elementary /ˌeliˈmentəri/ *a.* 初级的,小学的

submit /səbˈmɪt/ *v.* 呈送,提交

expense /ɪkˈspens/ *n.* 花费;[pl.]开支

roughly /rʌfli/ *ad.* 粗略地

rent /rent/ *n.* 租金,出租



Officials from the New York State teachers' union, raised the case of the school, Buffalo United, as an example of what it said was wrong with the oversight (疏忽) of charter schools throughout the state. The union said the case supported its view that no new charter schools should be permitted unless oversight (监督) is strengthened.

"How much is profit?" asked Andrew Pallotta, the executive vice president of New York State United Teachers. "There is truly too much we don't know and can't know."

The union's concerns fell on mostly friendly ears at the all-day hearing, which had been called by Senator Bill Perkins of Harlem, an outspoken critic of the charter school movement. Teachers' unions have generally opposed charter schools, which tend not to be unionized. On Thursday, the state union listed claims against charter schools that included conflict of interest and stealing. Brooklyn Charter School in Bedford-Stuyvesant, it said, had acquired, as a subsidiary (附属机构), a shop linked to the president of the school's board. An audit of a second Buffalo charter school, Western New York Maritime, found that big-screen televisions and computer equipment had been sent to the personal addresses of employees, the union said.

Officials responsible for authorizing and overseeing charter schools said there was room for more responsibility and transparency from charter schools, but they said that the controls were already healthy.

"It is good that the bad actors have come to light," said John B. King Jr., the senior deputy commissioner of the state Education Department. "I actually think that there is a lot of common ground here, and if we create the right conversation, there is room to both improve charters and increase the number."

参考译文

美国特许学校的监管问题

由一家营利性公司经管的一所布法罗特许学校去年收到了来自纳税人 720 万美元的资金,用于为 500 名中小学生提供教育。但在今年年底,该校提交给政府的账目只是粗略列出了学校的几项花费,其中包括 130 万美元的楼房租金(而这栋大楼本就是该公司所有),97.6 万美元的行政管理费和 36.1 万美元的专业费用。

纽约州教师联合会的官员将“布法罗联合”特许学校事件视为全州上下对特许学校缺乏监管的一个案例。联合会称这起事件有力地支持了他们的观点,即如果不加强监督,政府便不应再批准设立特许学校。

“学校有多少利润呢?”纽约州教师联合会的执行副主席安德鲁·帕洛塔说,“肯定有太多我们不知道也无法知道的。”

executive /ɪɡˈzekjʊtɪv/ *a.* 行政的
administration /ədˌmɪnɪˈstreɪʃən/ *n.* 管理
professional /prəˈfeʃənəl/ *a.* 职业的
fee /fi:/ *n.* 费,酬金
official /əˈfɪʃəl/ *n.* 官员,行政人员
raise /reɪz/ *v.* 举出,提出
throughout /θruːˈaʊt/ *prep.* 遍及,贯穿
permit /pəˈmɪt/ *v.* 允许,许可,准许
strengthen /ˈstreŋθən/ *v.* 加强,巩固
vice /vaɪs/ *a.* 副的
concern /kənˈsɜːn/ *n.* 关心,担心
hearing /ˈhɪərɪŋ/ *n.* 意见(或证言)听取会
movement /muːvmənt/ [常 *pl.*] 行动,活动
generally /dʒenərəli/ *ad.* 普遍地,全体地
oppose /əˈpəʊz/ *v.* 反对,反抗
tend /tend/ *v.* 趋向,倾向
unionized /ˈjuːnjənaɪzd/ *a.* 工会化的
claim /kleɪm/ *v.* 声称
conflict /kɒnflɪkt/ *n.* 冲突
interest /ˈɪntrɪst/ [常 *pl.*] 利益,好处,利害关系
acquire /əˈkwaɪə/ *v.* 取得,获得;学到
link /lɪŋk/ *v.* 连接,联系
board /bɔːd/ *n.* 董事会
equipment /ɪˈkwɪpmənt/ *n.* 设备,器械,装备
authorize /ˈɔːθəraɪz/ *v.* 委任,委托
transparency /trænˈspærənsɪ/ *n.* 透明度
senior /ˈsiːniə/ *a.* 资格较老的,地位较高的
deputy /ˈdepjʊtɪ/ *n.* 副职,副手
commissioner /kəˈmɪʃənə/ *n.* 委员

联合会的忧虑传达给了全天听证会的大多数支持特许学校的到会人员。这次听证会是由来自哈莱姆地区的一位非常坦诚的特许学校运动的评论员比尔·帕金斯议员组织召开的。教师联合会一般都对不愿加入联合会的特许学校持反对态度。在周四,教师联合会就利益冲突和财产盗窃等问题对特许学校提出了起诉。联合会称位于贝德福德-史岱文森的布鲁克林特许学校曾收购一家与学校董事会主席有关系的商店作为其附属机构。联合会还称另一家布法罗特许学校西纽约海事学校的账目显示,大屏幕电视机和计算机设备曾被送往学校员工的私人住址。

负责授权和监督特许学校的官员称特许学校还应该承担更多责任,其透明度也还需增加,但他们也称当前的控制已经很到位了。

“不好的行为暴露出来是件好事,”州教育厅副厅长小约翰居中B·金说,“不过事实上我认为我们有很多共识,如果我们展开合适的对话,便有可能改善特许学校的状况,开办更多的特许学校。”

When the Gym Isn't Enough



research and tried **dozens of** products, with mixed results.

“Of the products that I have bought, I’ve found many that work well,” he said. “But some don’t and were a waste of money.”

The fitness supplements **industry** is **primarily aimed** at young men like Mr. Feintuch. Bodybuilding-related products—**powders** and **pills** with names like Muscle Milk, Amplified Mass XXX—represented a \$2.7 billion industry in 2008, but one whose benefits are in **serious dispute**.

The products are a part of the more-familiar **category** of **nutritional** supplements, which includes mainstream **items** like vitamin-infused waters and energy **bars**. That market **represented** \$25 billion in **revenue** in 2008, according to *Nutrition Business Journal*, a **trade publication**.

Athletes seeking peak performance are often concerned about eating right, choosing foods that allow their bodies to **function** at their best—everything from bananas to Peak bars. But going the next step to taking a pill **draws out** more doubts. Young female athletes, for example, are more **apt** to stick with multivitamins, energy drinks and bars, doctors and trainers say.

核心词汇

- sophomore /sə'fəmə:/ *n.* 大二学生
 supplement /sə'plɪmənt/ *n.* 增补物
 definition /,defɪ'nɪʃən/ *n.* 清晰
 muscle /mʌsl/ *n.* 肌肉
 dozens of 许多
 industry /'ɪndəstri/ *n.* 产业
 primarily /praɪ'merɪli/ *ad.* 主要地
 aim /eɪm/ *v.* (at, for) 瞄准
 powder /'paʊdə/ *n.* 粉, 粉末
 pill /pɪl/ *n.* 药丸
 serious /'sɪəriəs/ *a.* 严重的, 危急的
 dispute /dɪs'pjʊ:t/ *n.* 争论, 争吵
 category /'kætɪgəri/ *n.* 种类, 类
 nutritional /nju:'trɪʃənəl/ *a.* 营养的
 item /'aɪtəm/ *n.* 一件商品
 bar /bɑ:/ *n.* 条, 棒
 represent /,reprɪ'zent/ *v.* 占
 revenue /'revɪnju:/ *n.* 收入
 trade /treɪd/ *n.* 贸易, 商业
 publication /,pʌblɪ'keɪʃən/ *n.* 出版物
 athlete /'æθli:t/ *n.* 运动员
 seek /si:k/ *v.* 寻找, 追求
 peak /pi:k/ *a.* 最大值的, 高峰的
 function /'fʌŋkʃən/ *v.* 运行, 起作用
 draw out 引起
 apt /æpt/ *a.* 易于, 有……倾向



Male-oriented fitness supplements are not hard to find, but they are hard to figure out. Top-selling products like creatine, whey powder and nitric **oxide** are widely **available** under many **brand** names at drugstores and **chains** like G.N.C., but they are also **minimally regulated**, with a **majority** going untested by the Food and Drug Administration.

And that, sports medicine doctors say, points to the problems: there is little or no *uniformity* (统一性) among products, the **labels** are **confusing** and the **ingredients** are secret. Often, the main active ingredient is simply *caffeine* (咖啡因).

"It's **frustrating** to not know **exactly** what I am putting in my body," said Mr. Feintuch, who used a personal—and expensive—**trial-and-error approach** to come up with three products that seemed to work for him.

orient /'ɔ:riənt/ *v.* 倾向

oxide /'ɒksaɪd/ *n.* 氧化物

available /ə'veɪləbl/ *a.* 可得到的

brand /brænd/ *n.* 商标的牌子

chain /tʃeɪn/ *n.* 连锁店

minimally /mɪnɪməli/ *ad.* 最小地,最低限度地

regulate /regjuleɪt/ *v.* 管理;调节

majority /mə'dʒɔ:riti/ *n.* 多数,大多数

label /leɪbəl/ *n.* 标签

confuse /kən'fju:z/ *v.* 使困惑

ingredient /ɪn'ɡri:djənt/ *n.* 成分

frustrate /frʌ'streɪt/ *v.* 使沮丧,使灰心

exactly /ɪɡ'zæktli/ *ad.* 确切地

trial-and-error *a.* 反复试验的

approach /ə'prəʊtʃ/ *n.* 方法

参 考 译 文

健身营养品的成效遭到质疑

南卡罗莱纳大学一位名叫 Alex Feintuch 的大二学生在过去一年中在塑形营养品上的花费已经超过了 1000 美元。Feintuch 想变得更强壮,拥有更有型的肌肉,且“见效越快越好”。他做了不少调查,也尝试了多种产品,得出的结果多种多样。

“我购买的很多产品确实有效,”他说,“但也有一部分是骗人的玩意,纯粹浪费钱。”

健身营养品的商家们瞄准的就是像 Feintuch 这样的年轻人。在 2008 年,像肌肉牛奶、3X 增重蛋白粉等粉末或药丸类健身产品的产值已经达到 27 亿美元,但是这一行业丰厚的回报引起了广泛的争议。

较之于更为人们所熟知营养品(包括主流产品维他命营养水和能量棒),上述产品只是整个产业的一部分。根据商业刊物《营养产业期刊》的统计,2008 年整个营养品产业的产值达到 250 亿美元。

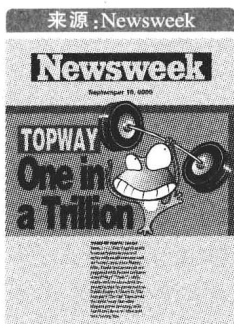
渴望达到巅峰状态的运动员们总是很注意正确的饮食,他们选择任何能使他们的身体达到最佳状态的食物,从香蕉到匹克棒等。但是,迈向食用药丸类保健品这一步则引起了更多的争议。很多医生和教练员都认为,女运动员更倾向于选择多种维生素制剂和能量饮品。

现在市场上的男用健身营养品很常见,但却难以挑选。最受欢迎的产品要数肌肉素、乳清粉以及一氧化氮类制剂。各种品牌的此类产品在药店和类似 G.N.C. 的连锁商店内可以购买到。但是他们也是受到监管最少的产品,大部分都没有经过食品与药物管理局的检测。

运动医学专家认为,市场上的产品缺乏统一性:品名具有强烈的迷惑性,同时配方也不清楚。通常产品的主要有效成分只是咖啡因。

“连吃下去的是什么都不知道,这可真让人郁闷” Feintuch 说。他通过一系列代价高昂的反复尝试之后,总算找到了三种貌似对他有效的产品。

Fulfill the Dream of Entering University through Working



来源: Newsweek

A decade ago, Father John Foley and his colleagues were in the midst of creating a new college-prep high school for students from Chicago's Pilsen and Little Village neighborhoods, a low-income area largely populated by Mexican immigrants. Even finishing high school was a lofty goal for many of these youngsters; in the inner city, a 50 percent dropout rate is not unusual. Coming up with a curriculum that would turn likely dropouts into college grads was a major challenge, but figuring out how to pay for the school seemed an even bigger obstacle. Clearly, the parents could not afford much tuition (学费). The church couldn't sustain it, either. The worthy project was in danger of failure before a single student had enrolled. So Foley turned to a management consultant he describes as "original in his thinking." Two weeks later, the consultant, Richard Murray, returned with the suggestion that the students themselves could pay for their education by working at local companies. "It was a brilliant idea," Foley says. "That was the birth of this whole thing."

In 2007, "this whole thing"—now called the Cristo Rey Network after the first school—is set to add seven new schools to 12 already running in poor urban neighborhoods around the country. The schools have attracted the attention of major philanthropies (慈善组织) like the Bill and Melinda Gates Foundation, which this year announced a \$6 million grant to the network on top of an earlier \$9.9 million investment. Thanks largely to the work-study program and a rigorous curriculum, Cristo Rey has succeeded where so many others fail: the four-year dropout rate for the network's graduation class this year was 6 percent, and 96 percent enrolled in a two- or four-year college this fall.

The model that succeeded so well in Chicago—no more than 550 motivated students, all from economically disadvantaged backgrounds—so far seems translatable (可转移

核心词汇

- decade /dekeɪd/ *n.* 十年
- colleague /'kɒli:g/ *n.* 同事
- midst /mɪdst/ *n.* 中部
- largely /'lɑ:dʒli/ *ad.* 大部分, 主要地
- lofty /'lɒfti/ *a.* 崇高的, 高尚的
- goal /gəʊl/ *n.* 目标, 目的
- inner /'ɪnə/ *a.* 内部的, 里面的
- dropout rate 辍学率
- curriculum /kə'rɪkjʊləm/ *n.* 全部课程
- challenge /'tʃælɪndʒ/ *n.* 艰巨的任务
- figure out 想出(办法)
- obstacle /'ɒbstəkl/ *n.* 障碍
- afford /ə'fɔ:d/ *v.* 买得起, 付得起
- sustain /sə'steɪn/ *v.* 支撑
- worthy /'wɜ:ði/ *a.* (of) 值得的
- failure /'feɪljə/ *n.* 失败
- enroll /ɪn'reʊl/ *v.* 招收
- management /'mænɪdʒmənt/ *n.* 管理
- consultant /kən'sʌltənt/ *n.* 顾问
- suggestion /sə'dʒestʃən/ *n.* 建议
- brilliant /'brɪljənt/ *a.* 卓越的
- urban /'ɜ:bən/ *a.* 城市的
- neighborhood /'neɪbəhʊd/ *n.* 邻近地区, 附近
- attract /ə'trækt/ *v.* 引起……的注意
- announce /ə'naʊns/ *v.* 宣布
- grant /grɑ:nt/ *n.* 拨款
- network /'netwɜ:k/ *n.* 网络
- investment /ɪn'vestmənt/ *n.* 投入
- rigorous /'rɪgərəs/ *a.* 严密的, 缜密的
- model /mɒdəl/ *n.* 模型
- motivate /'məʊtɪveɪt/ *v.* 激励
- economically /,ekə'nɒmɪkəli/ *ad.* 经济上地
- innovation /,ɪnə'veɪʃən/ *n.* 新方法
- expectation /,ekspek'teɪʃən/ *n.* 期待
- corporation /,kɔ:pə'reɪʃən/ *n.* 公司