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# The Road Reading 阅读之路

## 四级阅读提高篇

Advanced Reading For CET-4

主编 陈龙梅 申 丕



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*The Road To Reading*

高级英语阅读系列

Advanced Reading For CET-4

# 阅读之路

## 四级阅读提高篇

主编 陈龙梅 申 丕

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# 前 言

阅读能力的提高是单词水平、句式理解能力、文章全局把握能力增强的综合表现,对语感的形成、翻译、写作甚至听力和口语水平的提高都具有重要意义。因此,英语阅读能力是通过四、六级考试及全面提高英语水平的突破口。但在阅读实践中,由于缺乏相关指导,学生们往往过分注意语言点,以致陷入“只见树木,不见森林”的误区,抑或是养成囫囵吞枣的错误阅读习惯。这样不仅不能提高英语水平,反而往往适得其反。为了增加同学们的阅读兴趣,矫正不良阅读习惯,以及从根本上提高听、说、读、写能力,我们编写了这套《阅读之路》系列丛书,包括《四级阅读提高篇》和《六级阅读提高篇》两本,奉献给广大读者。

本书具有选材广泛、针对性强、指导性强的特点。书中 40 篇文章均选自国外最新报刊、专著。为体现原汁原味,我们对原文未做任何删改;所选题材广泛,包括社会、文化、科普、历史、日常生活、人物传记等社会科学和自然科学的相关领域;它们的体裁多样,包括叙事、描述、议论、说明文等形式。在尽量贴近四级考试的同时,力求反映英美最新的语言文化习惯和思维方式,为各类读者提供既有可读性又有趣味性的读物。

每篇文章后附有词汇表,以帮助读者学习、巩固四级大纲词汇。其中大部分单词为四级考试词汇,少部分单词为六级和六级后词汇。每篇文章后附有 10 道英语释义选择题。通过练习,读者可以学习用英语思考的能力,培养自己的英语语感,并学习如何用简单的单词组合在口语中对书面用词进行替换。在此基础上,笔者针对每篇文章设计了 10 个单词填空题帮助读者切实掌握这些常用、常考词。

为了帮助读者熟悉四级考试的出题习惯并提高整体阅读水平,笔者针对每篇文章设计了 5 道阅读理解题。它们涵盖了四级考试中出

现的主旨和大意、细节和事实、句子关系、推理判断、观点态度、词汇和短语等各种题型,并针对四级考试的出题特点设计,方便读者进行直选、排除、推理等各种实战演练。结合阅读中的主旨、观点态度和推理判断等题型,读者对文章的主题会有一个很好的了解,可以提高对全局的把握能力。

我们精选了每篇文章中语法难点、典型句式和单词短语用法汇编了注释这个部分。有助于读者掌握一些地道的表达习惯和实用的语法、句式。

尤其值得一提的是,全书 40 篇文章均配有参考译文。在教学中我们发现,不少学生都认为翻译是件很容易的事,大不了见到生词翻翻字典。其实不然,翻译水平的高低 30% 在于译者的英语水平,而 70% 则取决于他们的中文水平,有时看懂英语文章并不难,难的是用恰当的中文词句来表达出来,中文水平往往是许多学生所欠缺的,因此,要想提高翻译水平,除了掌握基本的翻译技巧外,更要注重中文水平的提高,要通过对照优秀的译文来找差距,比不足,循序渐进,只有这样才能真正提高翻译水平。

最后,我们建议读者能从书中挑选感兴趣的文章加以熟读背诵,这必将对提高自己的英语水平大有裨益。

限于时间与水平,本书难免疏漏,敬请广大读者批评指正。

编者

于北京外国语大学

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# 1 The Mayflower



Mayflower was the ship that carried the first Pilgrims to America, in 1620. It was built around 1610 and probably had three masts and two decks. It probably measured about 90 feet (27 meters) long and weighed about 180 short tons (163 metric tons). Its master, Christopher Jones, was a quarter-owner.

The Mayflower left England on August 15, 1620 (August 5 according to the calendar then in use) with another ship, the Speedwell. After turning back twice because of leaks on the Speedwell, the Mayflower sailed alone from Plymouth on September 16, with 102 passengers. The ship reached Cape Cod on November 21, off what is now Provincetown Harbor. It reached the present site of Plymouth, Mass., on December 26, five days after a small party explored the site.

The Mayflower left America on April 15, 1621. Historians are not certain what happened to the ship after it returned to England. Some believe it was dismantled after Jones died in 1622, although a ship called the Mayflower made trips to America after that. Others believe that William Russell bought the Mayflower for salvage, and used its hull as a barn roof. The barn stands in Jordans, a village outside London.

The Mayflower II, built the way the original Mayflower is thought to have looked, is kept in Plymouth, Mass. In 1957, it crossed the Atlantic in 54 days. The Britons who built the replica gave it to the American people as a symbol of friendship.

## Vocabulary 词汇

pilgrim	['pilgrim]	n. 英国清教徒
mast	[mæst]	n. 桅杆
deck	[dek]	n. 甲板
measure	['meʒə]	v. 测量, 估量
leak	[li:k]	n. 泄漏, 漏洞
passenger	['pæsiŋdʒə]	n. 乘客, 旅客
cape	[keip]	n. 海角, 岬
explore	[iks'plɔ:]	v. 探险, 探测
historian	[his'tɔ:riən]	n. 历史学家
dismantle	[dis'mæntl]	v. 拆除
salvage	['sælvidʒ]	n. 经加工可重新利用的废物
hull	[hʌl]	n. 船体
original	[ə'ridʒənəl]	a. 最初的
cross	[krɒs]	v. 穿过, 越过
replica	['replikə]	n. 复制品

## Notes 注释

- [1] After turning back twice because of leaks on the Speedwell, ... 斯匹得威尔号的漏水使得他们两次返航, 之后……

turn back 意为“往回走, 折转”, 例如:

The weather became so bad that they had to turn back. 天气变得很坏, 他们只好原路返回了。

- [2] The ship reached Cape Cod on November 21, off what is now Province town Harbor. 那只船于 11 月 21 日抵达现在的麻省城港附近的科德角。

off 表示离某地不远,例如:

There is a river off the town. 在那个小城附近有一条河。

## Comprehension 阅读理解

Answer the following questions according to the passage.

根据文章回答下列问题。

- What is the passage mainly about?
  - [A] Mayflower and the Pilgrims it carried to America.
  - [B] Mayflower in history.
  - [C] The structure of Mayflower.
  - [D] The trips that Mayflower had made.
- Which of the following sentences is right?
  - [A] Mayflower carried the first Pilgrims to America not long after it was built.
  - [B] Mayflower Measured about 90 feet long and weighed about 180 tons.
  - [C] Mayflower left England on August 5, 1620 according to the calendar then in use.
  - [D] Mayflower sailed for America alone.
- Why the Mayflower turned back twice?
  - [A] It turned back because of windstorms.
  - [B] It turned back because of pirates.
  - [C] It turned back because of leaks on the Speedwell.
  - [D] It turned back because of leaks on the Mayflower.
- How many days did it take for Mayflower to sail from Plymouth to Cape Cod?
  - [A] 66 days.
  - [B] 98 days.
  - [C] 54 days.
  - [D] 105 days.
- Which of the following sentences is right?
  - [A] The site of Plymouth in the past and the present are the same.

- [B] The Mayflower reached Plymouth, Mass. without any exploration.
- [C] The Mayflower stayed in America for about four months.
- [D] There is a recordation of what happened to Mayflower after it returned to England.

## Vocabulary Check 词汇检测

Choose the best answers from section I and match them with the underlined words in section II.

从 I 中找出最符合 II 中划线部分意思的选项。

### I

- A. pass from one side to the other
- B. take apart
- C. something saved from destruction or waste and put to further use
- D. have a measurement of
- E. search into or travel in for the purpose of discovery
- F. any of various systems of reckoning time in which the beginning, length, and divisions of a year are defined
- G. first or earliest
- H. a copy or reproduction
- I. the owner
- J. wayfarers or travelers

### II

- \_\_\_\_\_ 1. It probably measured about 90 feet long and weighed about 180 short tons.
- \_\_\_\_\_ 2. Its master, Christopher Jones, was a quarter-owner.
- \_\_\_\_\_ 3. The Mayflower left England on Aug. 15, 1620 (August 5 according to the calendar then in use) with another ship, the Speedwell.
- \_\_\_\_\_ 4. The Mayflower sailed alone from Plymouth on September 16, with 102 passengers.
- \_\_\_\_\_ 5. It reached the present site of Plymouth, Mass., on December 26, five days after a small party explored the site.

- \_\_\_\_\_ 6. Some believe it was dismantled after Jones died in 1622, although a ship called the Mayflower made trips to America after that.
- \_\_\_\_\_ 7. Others believe that William Russell bought the Mayflower for salvage, and used its hull as a barn roof.
- \_\_\_\_\_ 8. The Mayflower II, built the way the original Mayflower is thought to have looked, is kept in Plymouth, Mass.
- \_\_\_\_\_ 9. In 1957, it crossed the Atlantic in 54 days.
- \_\_\_\_\_ 10. The Britons who built the replica gave it to the American people as a symbol of friendship.

### Blank Filling 填空

friendship	cross	explore	original	dismantle
salvage	measure	replica	passenger	leak

- There's a \_\_\_\_\_ in the roof that's why the rain is coming in.
- True \_\_\_\_\_ is worth more than money.
- Mr. White made a \_\_\_\_\_ of the Eiffel Tower for his dearest daughter.
- There were twenty \_\_\_\_\_ in the bus.
- The bridge \_\_\_\_\_ the river at its narrowest point.
- The room \_\_\_\_\_ 12 by 20 feet.
- \_\_\_\_\_ of the wreck was made difficult by bad weather.
- The workers \_\_\_\_\_ the house in a day.
- Columbus discovered America but did not \_\_\_\_\_ the new continent.
- The \_\_\_\_\_ manuscript has been lost; this is a copy.

### Phrase Check 短语测试

*In the line indicated by the number in the parentheses, find the phrase that best fits the meaning given.*

根据圆括号内所标出的范围找出最符合题目中所给释义的短语。

- Which phrase means *in a manner that is consistent with*? (Line 5 - 10)

2. Which phrase means *being used*? (Line 5 - 10)

### Translation 参考译文

## 五月花号

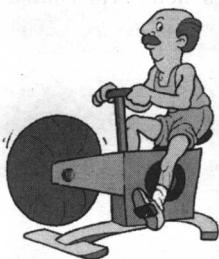
五月花,这是一艘船。1620年,首批到美洲的清教徒所搭乘的轮船就是五月花号。五月花号大约建成于1610年,可能是三根桅杆和双层甲板的那种,船长约90英尺(27米),重约180短吨(163公吨),船长克里斯托弗·琼斯是四位船主之一。

五月花号于公元1620年8月15日(按当地历法是当年8月5日)离开英国,同行的还有斯匹得威尔号。由于斯匹得威尔号漏水,在它们两次返航之后,五月花号于9月16日载着102名乘客自普利茅斯单独启航,于11月21日抵达现在的麻省城港附近的科德角。12月26日,五月花号又抵达当今属马萨诸塞州的普利茅斯,而五天前还有一小群人曾在此地探险。

1621年4月15日,五月花号离开美洲。历史学家们尚不清楚五月花号在返回英国之后发生了什么事情。虽然后来一艘被称作五月花号的船曾多次驶往美洲,但有人认为,1622年琼斯去世之后,最早的这艘五月花号即被拆除。还有人认为威廉·拉塞尔收购了五月花号,并将其船身用做一间仓房的屋顶。这间仓房位于伦敦市外的乔丹斯村。

根据想像中五月花号的原型建造的五月花Ⅱ号现保存于麻省的普利茅斯。1957年,五月花Ⅱ号用了54天的时间横渡大西洋。英国将这艘五月花号的复制品作为友谊的象征赠送给美国人民。

## 2 Exercise Does Not Protect Smokers from Cancer



Male smokers who think walking, swimming or other physical activity will lower their risk of lung cancer are wrong, researchers say.

“The results of our study suggest that neither occupational nor leisure-time physical activity is associated with the risk of lung cancer in long-term cigarette smokers,” write lead study author Dr. Lisa H. Colbert of the National Cancer Institute in Bethesda, Maryland and her colleagues.

Colbert’s team studied 27,087 Finnish men, aged 50 to 69 years, who between 1985 and 1988 smoked at least five cigarettes per day. Nearly 60% of the men were employed; the remaining 42% were older, had a longer history of smoking, had poorer diets, and were more likely to have been exposed, while working, to asbestos and other substances that put them at risk of developing lung cancer.

During the average 10-year follow-up period, 1,442 men were diagnosed with lung cancer, the authors report in the *International Journal of Cancer*.

Nearly 6 out of every 10 men reported participating in some type of leisure-time physical activity such as hunting, gardening or skiing. These men generally

smoked fewer cigarettes per day and inhaled smoke less frequently than did their peers, the report indicates.

In general, however, neither leisure-time physical activity, nor occupational physical activity such as regular walking or lifting, was associated with a lower risk of lung cancer, the investigators found.

The one exception was among physically active men aged 50 to 56 years, who were reportedly 20% to 25% less likely to develop lung cancer than their sedentary peers, Colbert and her colleagues note. No similar trend was observed among older men, they add.

### Vocabulary 词汇

physical	[ 'fizikəl ]	a. 体力的
occupational	[ ˌɒkjʊ'peɪʃənəl ]	a. 职业的, 工作的
associate	[ ə'səʊʃieɪt ]	v. 联系; 联想
asbestos	[ æz'bestɒs ]	n. 石棉
substance	[ 'sʌbstəns ]	n. 物质
diagnose	[ ˌdaɪəg'nəʊz ]	v. 诊断
participate	[ pɑ:'tɪsɪpeɪt ]	v. 参与, 参加
inhale	[ ɪn'heɪl ]	v. 吸入
frequently	[ 'fri:kwəntli ]	ad. 频繁地, 经常地
peer	[ piə ]	n. 同龄人
indicate	[ ɪ'dɪkeɪt ]	v. 指出
exception	[ ɪk'sepʃən ]	n. 例外
sedentary	[ 'sedəntəri ]	a. 久坐的, 须坐着的
similar	[ 'sɪmɪlə ]	a. 相似的, 相仿的, 类似的
trend	[ trend ]	n. 趋势



## Notes 注释

- [1] “The results of our study suggest that neither occupational nor leisure-time physical activity is associated with the risk of lung cancer in long-term cigarette smokers,” “我们的研究表明,不管是以体育运动为职业,还是作为娱乐,都不能降低长期吸烟者患肺癌的危险性。”

**be associated with** 意为“同……联系在一起”,例如:

Whisky is usually associated with Scotland. 人们常把威士忌同苏格兰联系起来。

**risk of** 意为“……的危险”,例如:

We had been forewarned of the risk of fire/that fire could break out. 已经事先警告过我们有发生火灾的危险。

注意:**at the risk of** 意为“冒……的危险”,例如:

At the risk of losing life, he dived into the flood to save the child. 他冒着生命危险,跳进洪水去救那个孩子。

- [2] ... who between 1985 and 1988 smoked at least five cigarettes per day. 在1985到1988年间每天至少吸5支烟的人。

**at least** 意为“至少,起码”,例如:

He's going away for at least a week. 他起码出去一星期。

- [3] ... and were more likely to have been exposed, while working, to asbestos and other substances that put them at risk of developing lung cancer. 工作时容易接触石棉以及其他使人易患肺癌的物质。

**expose to** 意为“显露/暴露于……”,例如:

The baby was left exposed to the wind and rain. 那个婴儿被遗弃在风雨之中。

**be likely to** 意为“可能的”,例如:

We anticipate that demand is likely to increase. 我们预料需求可能增加。

- [4] In general, however, neither leisure-time physical activity, nor occupational physical activity... 不过,大体上,不管是娱乐性体育活动还是职业体育运动,……

**in general** 意为“通常,大体上,一般而言”,例如:

In general, her works have been good, but this essay is dreadful. 总的说来,她的作品不错,不过这篇文章糟透了。