

每日半小时英语  
系列

English Reading

# 高级英语

## 应试阅读技能训练

(大学·四级)

周玲 莫瑞 主编



安徽大学出版社

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## 内 容 简 介

《每日半小时英语系列——英语应试阅读技能训练》共分四册:初级(中考)一册、中级(高考)两册(上、下)、高级(四级)一册。每本书均由阅读材料、单词及短语注释、理解练习和参考答案四个部分组成。阅读材料取材广泛、内容新颖、浅显易懂、生动有趣。单词和短语注释详尽周到,有利于学生理解文章、扩大词汇量。练习形式多样,有正误判断、问题回答、选择填空,便于学生阅读以后自我检测。书后参考答案可作同学们自我评分的标准。本书力求具有知识性、趣味性、实用性。文章短小,注释详尽,练习数目适中,每篇文章可在半小时内完成,能迅速提高学生的英语阅读能力。

本系列(四级)一册,共计四本,适合不同层次的学生使用。

《高级(四级)英语应试阅读技能训练》与同类书相比,具有以下特点:1. 针对性强,实用性强。紧扣四级考试题型,对提高大学生,特别是参加四级考试的学生的英语阅读应试能力有很大帮助。2. 选材广泛,可读性强,能扩大读者的知识面。3. 选编科学,深入浅出,循序渐进。4. 注解详实,可帮助学生学到许多英语习惯用法。每日在繁忙的学习中,只须抽出半小时来阅读书中的一篇文章,边学边练,日积月累,一定能收到事半功倍的效果。

编写时参考了国内外有关文献资料,在此对原作者表示感谢。

## 前 言

英语的重要性已被越来越多的人所认识,而语言能力的培养是个日积月累的过程。在老师的指导下,阅读大量有益的书籍能使他们开拓视野、增长知识、提高理解能力和写作能力。《全日制英语教学大纲》指出:“要学好外语,光靠书本上的内容是远远不够的,必须补充学习课外阅读材料。”在中考、会考、高考和大学四、六级考试中,英语阅读理解部分每次必考,而且所占比例较大。为帮助广大学生提高英语应试能力,我们组织了一批具有丰富的教学经验,多次指导过中考、会考、高考和大学四、六级考试的老师编写了这套《每日半小时英语系列——英语应试阅读技能训练》。这套书有初级(中考)一册、中级(高考)两册(上、下)、高级(四级)一册,共计四本,适合不同层次的学生使用。

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## Part One Reading



Many changes are taking place in the way in which men and women look at their roles in society. We see these changes most **dramatically**<sup>①</sup> in job and business situations. It is no longer unusual to find a male nurse or a female construction worker. Years ago, however, a man who worked as a nurse would have been looked down upon for doing “a woman’s job,” and a female construction worker would have been **hooted off**<sup>②</sup> the construction site by her male coworkers. However dramatic these changes are, they are not as important as the changes that have taken place between men’s and women’s roles in family life.

The fact that so many women today have entered the job market and are building independent careers for themselves has altered the traditional family structure in many ways. **For one thing**<sup>③</sup>, household work that used to be done by women is now often shared equally by men and women. Men have discovered at last that they too are capable of preparing the family dinner, rather than thinking that they are only capable of taking out the garbage.

Perhaps the greatest change that has taken place in the family is in parents’ new attitudes toward **bringing up**<sup>④</sup> chil-

dren. While it is true that only mothers can **breastfeed**<sup>⑤</sup> their infants, nowhere is it written that fathers can't bathe their own babies or change **diapers**<sup>⑥</sup>. And more and more of them are doing just that. These days, being a full-time parent is a job that fathers and mothers both share.

As a result of these changes, men and women are more aware of **sexual**<sup>⑦</sup> **stereotypes**<sup>⑧</sup> in their own lives: No longer do we insist that little boys play with trucks and grow up to be doctors, while little girls play with dolls and grow up to be housewives. Many men no longer feel that they must maintain a **macho**<sup>⑨</sup> attitude all the time, and many women no longer feel that they should be **meek**<sup>⑩</sup> and **obedient**<sup>⑪</sup>. Changes like these do not occur overnight or even in a few years because they involve fundamental changes in attitudes and behavior. Will events in the 1980s continue to build upon the changes that have already taken place, or will we see new directions in the ways in which men and women view their roles?

Notes:

①dramatically 戏剧性的

②hoot off 轰走

③for one thing 首先

④bring up 教育, 培养

⑤breastfeed 给……喂奶

⑥diaper 尿布

⑦sexual 性别的

⑧stereotype 陈规

*diaper*  
*sexual*  
*stereotype*



⑨macho 有男子气概的

⑩meek 温顺的

⑪obedient 服从的

Questions:

1. What is the best title for the passage?
2. What does the passage mainly discuss?
3. What is the topic sentence of Paragraph 2?
4. What is the topic sentence of Paragraph 3?
5. According to Paragraph 2 and Paragraph 3, what can men do?



About 70 million Americans are trying to lose weight. That is almost 1 out of every 3 people in the United States. Some people **go on diets**<sup>①</sup>. This means they eat less of certain foods, especially fats and sugars. Other people exercise with special equipment, take diet pills, or even have surgery. Losing weight is hard work, and it can also cost a lot of money. So why do so many people in the United States want to lose

weight?

Many people in the United States worry about not looking young and **attractive**<sup>②</sup>. For many people, looking good also means being thin. Other people worry about their health. Many doctors say being **overweight**<sup>③</sup> is not healthy. But are Americans really fat?

Almost 30 million Americans weigh at least 20 percent more than their ideal weight. In fact, the United States is the most overweight country in the world.

Losing weight is hard work, but most people want to find a fast and easy way to **take off**<sup>④</sup> **fat**<sup>⑤</sup>. Bookstores sell lots of diet books. These books tell readers how to lose weight. Each year, dozens of new books like these are written. Each one promises to **get rid of**<sup>⑥</sup> fat.

Some people diet alone. They say dieting should be private. Other people think, "Misery loves company." They need other people to help them lose weight. Some people join weight-control clubs for this kind of help. One club like this is called Weight Watchers International. The group uses **psychology**<sup>⑦</sup> and special diet plans to help its members lose weight. In return, members pay Weight Watchers a fee.

Books, pills, diets, clubs, and special exercise equipment all **add up to**<sup>⑧</sup> a lot of money. In the United States, losing weight may mean losing money, too.

Notes:

①go on diets 进行规定的饮食;节食

②attractive 有吸引力的

③overweight 超重

④take off 去掉,减少

⑤fat 脂肪

⑥get rid of 除去

⑦psychology 心理学

⑧add up to 总计达到,意味着

### Questions:

1. What is the passage mainly about?
2. What is the percentage of Americans who are trying to lose weight?
3. What is the connection between looking good and being thin for most people in the United States?
4. What is Weight Watchers International?
5. Why do bookstores sell lots of diet books?



Disney World, Florida, is the biggest **amusement resort**<sup>①</sup> in the world. It covers 24.4 thousand acres, and is twice the size of Manhattan. It was opened on October 1, 1971, five years after Walt Disney's death, and it is a larger, slightly more ambitious **version**<sup>②</sup> of **Disneyland**<sup>③</sup> near Los Angeles.

Foreigners tend to **associate** Walt Disney **with**<sup>④</sup> Snow White and the Seven Dwarfs, and with his other famous cartoon characters, Mickey Mouse, Donald Duck and Pluto, or with his nature films, whose superb photography is spoiled, in the opinion of some, by the **vulgarity**<sup>⑤</sup> of the commentary and musical background.

There is very little that could be called vulgar in Disney World. It attracts people of most tastes and most income groups, and people of all ages, from toddlers to grandpas. There are two expensive hotels, a golf course, forest trails for horseback riding and rivers for canoeing. But the central attraction of the resort is the Magic Kingdom.

Between the huge parking lots and the Magic Kingdom lies a broad artificial lake. In the distance rise the towers of Cinderella's Castle, which like every other building in the Kingdom is built of solid materials. Even getting to the Magic Kingdom is quite an adventure. You have a choice of transportation. You can either cross the lake on a **replica**<sup>⑥</sup> of a Mississippi pad-

dle-wheeler, or you can glide around the shore in a streamlined monorail train.

When you reach the **terminal**<sup>⑦</sup>, you walk straight into a little square which faces Main Street. Main Street is the late 19th century. There are modern shops inside the buildings, but all the **facades**<sup>⑧</sup> are of the period. There are hanging baskets full of red and white flowers, and there is no traffic except a horse-drawn streetcar and an ancient double-decker bus. Yet as you walk through the Magic Kingdom, you are actually walking on top of a network of underground roads. This is how the shops, restaurants and all the other material needs of the Magic Kingdom are invisibly supplied.

Notes:

①amusement resort 常去娱乐的地方

②version 变体

③Disneyland 迪斯尼乐园

④associate with 和……联想在一起

⑤vulgarity 粗俗

⑥replica 复制品

⑦terminal 终点

⑧facade (房屋)正面

Questions:

1. When did Walt Disney die?

1976

cartoon /ka:'tu:n/ 卡通

superb /sɪ'ʊ:pəb/

spoil /spɔɪl/

vulgarity

vulgarity

vulgarity

replica

replica

replica

replica

replica

2. What is the main attraction of Disney World?
3. Is reaching the Magic Kingdom adventurous or dangerous?
4. Why is Disney World the most famous amusement resort?
5. What is the appropriate title for the passage?



The basic flag of the United States is one of the world's oldest national flags. Only the basic flags of Austria, Denmark, Great Britain, the Netherlands, Sweden, and Switzerland are older.

During the discovery and settlement of what is now the United States, the flags of various European nations were flown over the land, as symbols of possession. Later, in the Colonial and Revolutionary War periods, flags representing famous persons, places, and events were flown in the American Colonies.

The first official flag of the United States was created by Congress on June 14, 1777. It **consisted of**<sup>①</sup> 13 alternated red and white stripes and 13 white stars in a field of blue, **representing**<sup>②</sup> the 13 colonies that had declared their independence in



1776. Congress adopted a new flag of 15 stars and 15 stripes in 1795, to give representation to the two new states admitted into the Union, Vermont and Kentucky.

By 1817, there were 20 states in the Union, and it became apparent that adding one stripe for each new state would destroy the shape of the flag. As a result, Congress in 1818 restored the original design of 13 stripes and provided that each state was to be represented by one star. In 1912 President William H. Taft made the first official **provision**<sup>③</sup> for the arrangement of the stars. He ordered that there be six even rows of eight stars each. Previously the arrangement of the stars had been left to the flag-maker's fancy.

The **evolution**<sup>④</sup> of the Stars and Stripes reflects the growth of the United States. After the admission of Hawaii into the Union in 1959, the flag was officially changed for the 26th time since its creation.

There are many government flags flown in the United States **in addition to**<sup>⑤</sup> the national flag. Among them are the President's and vice-president's flags and those of the Federal departments and some Federal agencies. Each state in the Union has an official flag. The United States Navy uses special flags for signaling.

Notes:

① consist of 由……组成

② represent 代表;体现

③provision 规定

④evolution 发展

⑤in addition to 除……之外

1. The basic flag of the United States is \_\_\_\_\_.  
A. the oldest national flag in the world  
☒ B. one of the world's oldest flags  
C. the most beautiful flag in the West  
D. as old as the basic flags of some European nations
2. Before the War of Independence the flags of various European nations flown over the land were symbols of \_\_\_\_\_.  
A. self-rule                      B. occupation  
C. peace and friendship      D. independence
3. The first official flag of the United States was adopted \_\_\_\_\_.  
☒ A. before the Independence War  
☒ B. right after the Independence War  
C. when independence was declared in 1776  
D. during the War of Independence which ended in 1783
4. Why was the original design of 13 stripes restored in 1818?  
Because \_\_\_\_\_.  
☒ A. too many stripes would destroy the shape of the flag  
B. Congress insisted 13 is the best number  
C. that was a decision President Taft had made  
D. the American people suggested it
5. Which of the following is true? \_\_\_\_\_.  
A. All Federal departments and agencies have flags of their

own

B. The newly-admitted state of Hawaii does not have an official flag

C. No other flags than the national flag and the President's flag are flown in the United States

D. The United States has a number of government flags



Reading to oneself is a modern activity which was almost unknown to the scholars of the classical and medieval worlds, while during the 15th century the term “reading” undoubtedly meant reading aloud. Only during the 19th century did silent reading become **commonplace**<sup>①</sup>.

One should **be wary**, however, **of**<sup>②</sup> assuming that silent reading came about simply because reading aloud is a distraction to others. Examination of factors related to the historical development of silent reading reveals that it became the usual mode of reading for most adult reading tasks mainly because the tasks themselves changed in character.

The last century saw a steady gradual increase in **literacy**<sup>③</sup>, and thus in the number of readers. As readers increased so the number of **potential**<sup>④</sup> listeners declined, and thus there was some **reduction**<sup>⑤</sup> in the need to read aloud. As reading for