

无障碍大学英语阅读理解系列

# 大学英语全真阅读理解 (四级)

100 篇

大学英语四级考试命题研究组 组编

新华出版社

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无 障 碍 阅 读 系 列

# 大学英语全真阅读理解

( 四 级 )

100 篇

主 编 马德高 王怀贞

副主编 张京华 杨 谦

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# 前言

今年6月四级考试结束后,我们对全国10余所高校的数百名考生做了访谈和交流。交谈中,我们听到最多的话题就是“阅读难”、“阅读做题慢”、“阅读练得少”……

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历年真题阅读材料都是命题专家精心选出的优秀文章,无论从题材、语言,还是行文上都堪称典范,通过详细精读和学习,可以使考生在语言技能、知识回顾、短文写作等方面有一个快速的提高。

一位四级辅导专家曾说过,把历年的阅读真题做上20遍,考过没有一点问题,可见真题在复习备考中的价值。

# Preface

为了帮助广大考生在四级阅读复习中全面分析、研究历年真题,我们推出了这套《无障碍大学英语全真阅读 100 篇》。

本书特点——

## ❖ 收录全面,系统详研

书中尽收 1989~2002 年 100 篇全真阅读,有利于考生系统演习历年真题,领会谙熟命题特点。

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对每篇文章的词汇障碍、难句障碍、当年考生失分点都在文中重点标出,在当页下端给出了详细解释和点拨,方便读者阅读和研习,利于综合提高。

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**索玉柱 北京大学** 英语语言测试学博士,教授,归国学者,极受考生欢迎的全国各地四六级、考研辅导班巡回主讲人  
**郭崇兴 中国人民大学** 教授,极受考生欢迎的全国各地四六级、考研辅导班巡回主讲人  
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## Passage one

Questions 21 to 25 are based on the following passage:

It is hard to track the blue whale, the ocean's largest creature, which has almost been killed off by commercial whaling and is now listed as an endangered species<sup>①</sup>. Attaching radio devices to it is difficult, and visual sightings are too unreliable to give real insight into its behavior.

So biologists were delighted early this year when, with the help of the Navy, they were able to track a particular blue whale for 43 days, monitoring its sounds. This was possible because of the Navy's formerly top-secret system of underwater listening devices spanning the oceans.

Tracking whales is but one example of an exciting new world just opening to civilian scientists after the cold war as the Navy starts to share and partly uncover its global network of underwater listening system built over the decades<sup>②</sup> to track the ships of potential enemies.

Earth scientists announced at a news conference recently that they had used the system for closely monitoring a deep-sea volcanic<sup>③</sup> eruption(爆发) for the first time and that they plan similar studies.

Other scientists have proposed to use the network for tracking ocean currents and measuring changes in ocean and global temperatures.

The speed of sound in water is roughly one mile a second—slower than through land but faster than through air. [What is most important, different layers of ocean water can act as channels for sounds, focusing them in the same way a stethoscope(听诊器) does when it carries faint noises from a patient's chest to a doctor's ear]<sup>④</sup>. This focusing is the main reason that even relatively weak sounds in the ocean, especially low-frequency ones, can often travel thousands of miles.

① species *n.* 种类。

② decad *n.* 十年。

③ volcanic *adj.* 火山的。

④ 句意:更为重要的是,海洋中的不同水层可作传声的不同频道,象听诊器把病人胸腔中的各种微弱的杂音传输到医生的耳朵那样,把声音聚集起来。

21. The passage is chiefly about \_\_\_\_\_.  
 A) the civilian use of a military detection system  
 B) the exposure of a U. S. Navy top-secret weapon  
 C) an effort to protect an endangered marine species  
 D) a new way to look into the behavior of blue whales
22. The underwater listening system was originally designed \_\_\_\_\_.  
 A) to replace the global radio communications network  
 B) to study the movement of ocean currents  
 C) to monitor deep-sea volcanic eruptions  
 D) to trace and locate enemy vessels
23. The deep-sea listening system makes use of \_\_\_\_\_.  
 A) the capability of sound to travel at high speed  
 B) the sophisticated technology of focusing sounds under water  
 C) low-frequency sounds travelling across different layers of water  
 D) the unique property of layers of ocean water in transmitting sound
24. It can be inferred from the passage that \_\_\_\_\_.  
 A) blue whales are no longer endangered with the use of the new listening system  
 B) military technology has great potential in civilian use  
 C) new radio devices should be developed for tracking the endangered blue whales  
 D) opinions differ as to whether civilian scientists should be allowed to use military technology
25. Which of the following is true about the U. S. Navy underwater listening network?  
 A) It has been replaced by a more advanced system.  
 B) It is now partly accessible to civilian scientists.  
 C) It became useless to the military after the cold war.  
 D) It is indispensable in protecting endangered species.

## Passage two

Questions 26 to 30 are based on the following passage:

Most episodes<sup>①</sup> of absent-mindedness--forgetting where you left something or wondering why you just entered a room--are caused by a simple lack of attention, says Schacter. "You're supposed to remember something,

① episode n. 一段情节。

but you haven't encoded<sup>①</sup> it deeply. ”

Encoding, Schacter explains, is a special way of paying attention to an event that has a major impact on recalling it later. Failure to encode properly can create annoying situations. If you put your mobile phone in a pocket, for example, and don't pay attention to what you did because you're involved in a conversation, you'll probably forget that the phone is in the jacket now hanging in your *wardrobe*(衣柜). “Your memory itself isn't failing you,” says Schacter. “rather, you didn't give your memory system the information it needed. ”

Lack of interest can also lead to absent-mindedness. “A man who can recite sports statistics from 30 years ago,” says Zelinski, “may not remember to drop a letter in the mailbox. ” Women have slightly better memories than men, possibly because they pay more attention to their environment, and memory relies on just that.

Visual cues can help prevent absent-mindedness, says Schacter. “But be sure the cue is clear and available,” he cautions. If you want to remember to take a *medication*(药物) with lunch, put the pill bottle on the kitchen table —don't leave it in the medicine chest and write yourself a note that you keep in a pocket.

Another common episode of absent-mindedness: walking into a room and wondering why you're there. Most likely, you were thinking about something else. “Everyone does this from time to time,” says Zelinski. The best thing to do is to return to where you were before entering the room, and you'll likely remember.

26. **Why does the author think that encoding properly is very important?**

- A) It expands our memory capacity considerably.
- B) It helps us understand our memory system better.
- C) It slows down the process of losing our memory.
- D) It enables us to recall something from our memory.

27. **One possible reason why women have better memories than men is that \_\_\_\_\_.**

- A) they are more interested in what's happening around them
- B) they have an unusual power of focusing their attention
- C) they are more reliant on the environment
- D) they have a wider range of interests

28. **A note in the pocket can hardly serve as a reminder because \_\_\_\_\_.**

① encode vt. 编码。

- A) it might get mixed up with other things
  - B) it's not clear enough for you to read
  - C) it will easily get lost
  - D) it's out of your sight
29. **What do we learn from the last paragraph?**
- A) Repetition helps improve our memory.
  - B) Memory depends to a certain extent on the environment.
  - C) If we focus our attention on one thing, we might forget another.
  - D) If we keep forgetting things, we'd better return to where we were.
30. **What is the passage mainly about?**
- A) The causes of absent-mindedness.
  - B) A way of encoding and recalling.
  - C) The process of gradual memory loss.
  - D) The impact of the environment on memory.

### *Passage three*

**Questions 31 to 35 are based on the following passage:**

In the 1960s, medical researchers Thomas Holmes and Richard Rahe developed a checklist of stressful events. They appreciated the tricky<sup>①</sup> point that any major change can be stressful. Negative events like "serious illness of a family member" were high on the list, but so were some positive life-changing events, like marriage. When you take the Holmes-Rahe test you must remember that the score does not reflect how you deal with stress—it only shows how much you have to deal with. And we now know that the way you handle these events dramatically affects your chances of staying healthy.

By the early 1970s, hundreds of similar studies had followed Holmes and Rahe. And millions of Americans who work and live under stress worried over the reports. Somehow, the research got boiled down to a memorable message. Women's magazines ran headlines like "Stress causes illness!" If you want to stay physically and mentally healthy, the articles said, avoid stressful events.

But such simplistic<sup>②</sup> advice is impossible to follow. Even if stressful events are dangerous, many—like the death of a loved one—are impossible to

① *tricky* *adj.* 狡猾的, 机警的。

② *simplistic* *adj.* 过分单纯化的。

avoid. Moreover, any warning to avoid all stressful events is a *prescription* (处方) for staying away from opportunities as well as trouble. Since any change can be stressful, a person who wanted to be completely free of stress would never marry, have a child, take a new job or move.

The notion that all stress makes you sick also ignores a lot of what we know about people. It assumes we're all *vulnerable* (脆弱的) and passive in the face of *adversity* (逆境). But what about human initiative① and creativity? Many come through periods of stress with more physical and mental vigor than they had before. We also know that a long time without change or challenge can lead to boredom②, and physical and mental strain.

31. **The result of Holmes-Rahe's medical research tells us \_\_\_\_\_.**
  - A) what should be done to avoid stress
  - B) what kind of event would cause stress
  - C) how to cope with sudden changes in life
  - D) the way you handle major events may cause stress
32. **The studies on stress in the early 1970's led to \_\_\_\_\_.**
  - A) popular avoidance of stressful jobs
  - B) widespread concern over its harmful effects
  - C) an intensive research into stress-related illnesses
  - D) great panic over the mental disorder it could cause
33. **The score of the Holmes-Rahe test shows \_\_\_\_\_.**
  - A) how much pressure you are under
  - B) how stressful a major event can be
  - C) how positive events can change your life
  - D) how you can deal with life-changing events
34. **Why is "such simplistic advice" (Line 1, Para. 3) impossible to follow?**
  - A) You could be missing opportunities as well.
  - B) No one can stay on the same job for long.
  - C) No prescription is effective in relieving stress.
  - D) People have to get married someday.
35. **According to the passage people who have experienced ups and downs may become \_\_\_\_\_.**
  - A) physically and mentally strained
  - B) nervous when faced with difficulties
  - C) more capable of coping with adversity

① initiative *n.* 主动, 进取心。

② boredom *n.* 厌倦。



D) indifferent toward what happens to them

## Passage four

Questions 36 to 40 are based on the following passage:

The fitness movement that began in the late 1960s and early 1970s centered around *aerobic exercise* (有氧操). Millions of individuals became engaged in a variety of aerobic activities, and literally thousands of health spas developed around the country to *capitalize* (获利) on this emerging<sup>①</sup> interest in fitness, particularly aerobic dancing for females. A number of fitness spas existed prior to this aerobic fitness movement, even a national chain with spas in most major cities. However, their focus was not on aerobics, but rather on weight-training programs designed to develop muscular<sup>②</sup> mass, strength, and endurance in their primarily male enthusiasts. These fitness spas did not seem to benefit financially from the aerobic fitness movement to better health, since medical opinion suggested that weight-training programs offered few, if any, health benefits. In recent years, however, weight training has again become increasingly popular for males and for females. Many current programs focus not only on developing muscular strength and endurance but on aerobic fitness as well.

[Historically, most physical-fitness tests have usually included measures of muscular strength and endurance, not for health-related reasons, but primarily because such fitness components have been related to performance in athletics.]<sup>③</sup> However, in recent years, evidence has shown that training programs designed primarily to improve muscular strength and endurance might also offer some health benefits as well. The American College of Sports Medicine now recommends that weight training be part of a total fitness program for healthy Americans. Increased participation in such training is one of the specific physical activity and fitness objectives of Healthy People 2000; National Health Promotion and Disease Prevention Objectives.

36. The word "spas" (Line 3, Para. 1) most probably refers to \_\_\_\_\_.

- |                               |                                 |
|-------------------------------|---------------------------------|
| A) sports activities          | B) recreation centers           |
| C) athletic training programs | D) places for physical exercise |

① emerge v. 显现,浮现。

② mus. adj. 肌肉的,强健的。

③ 句意:在历史上,大多数身体健康检查通常包括测试肌肉力量和耐力,不是为了健康原因,而主要是因为这些健康的组成部分同体操中的表现有关。

37. Early fitness spas were intended mainly for \_\_\_\_\_.  
 A) the promotion of aerobic exercise  
 B) the improvement of women's figures  
 C) endurance and muscular development  
 D) better performance in aerobic dancing
38. What was the attitude of doctors towards weight training in health improvement?  
 A) Negative.      B) Cautious.      C) Positive.      D) Indifferent.
39. People were given physical fitness tests in order to find out \_\_\_\_\_.  
 A) what kind of fitness center was suitable for them  
 B) whether they were fit for aerobic exercise  
 C) what their health condition was like  
 D) how well they could do in athletics
40. Recent studies have suggested that weight training \_\_\_\_\_.  
 A) has become an essential part of people's life  
 B) will attract more people in the days to come  
 C) contributes to health improvement as well  
 D) may well affect the health of the trainees



## 答案与详解

### Passage one

这是一篇说明文。本文介绍了原属海军高级机密的水下监听装备已可为民用——跟踪蓝鲸、监督深海火山爆发、跟踪洋流、测量海洋及全球温度的变化。最后,文章介绍了海洋中不同水层传播声音的特性。

21. A) 主旨题。本文第一段由跟踪蓝鲸引出话题,主干部分是中间四段,介绍了原海军用的水下监听设备网络,冷战结束后开始民用,既可跟踪蓝鲸,又可监督深海火山爆发、跟踪洋流等等。最后一段介绍了海洋中不同水层传声的特性,即此设备的工作原理。综上所述,本篇主要讲的是一种军事探测系统的民用问题,A)正确。
22. D) 细节题。第三段最后一行明确点出:这套水下监听系统最初的目的“是跟踪潜在敌人的船只(to track the ships of potential enemies)”。
23. D) 推理题。最后一段谈了海洋中不同水层可作传声的不同频道,即使海洋中相对微弱的声音,甚至是低频的声音,也经常能传播几千英里这一特性。由此可推断出,水下监听系统正是利用这一特性而设计的。A)、B)可首先排除,C)中说低频的声音在不同的水层中传播是不对的,所以D)(海洋各水层在传播声音中的特性)应为正确答案。

24. B) 推理题。第三段说：“冷战结束后，海军开始同民用科学家们分享并向他们部分揭示其几十年来为跟踪潜在敌人的船只而构筑的水下监听系统网络。在这一刚刚向民用科学家们开放的激动人心的新世界中，追踪蓝鲸只是一个例子。”然后，文中又提到这一系统其他几种民间用途。据此，我们可以推断出 B)(军事技术转为民用大有潜力)为正确答案。
25. B) 细节题。根据第 24 题我们对第三段的解释可知，美国海军水下监听网络现在已部分地为民用科学家们所利用。B)正确。

### Passage two

这是一篇说明文。本文介绍了健忘现象的几种原因及其解决办法。

26. D) 细节题。根据第二段第一句，编码是一种关注某件事的特别方法，对以后回忆起这件事有重大影响。可见，D)(它能使我们回忆起某事)是正确的。
27. A) 细节题。第三段的主旨是缺乏兴趣也会导致健忘。本段最后一句明确指出：妇女比男士记忆力好一点，也许是因为她们对周围的环境更关注一些。可见，A)(妇女对周围的事情更感兴趣)正确。
28. D) 推理题。第四段讲的是直观的提示有助于克服健忘，但这个提示必须清楚而可见。要想记得午餐时吃药，应把药瓶放在餐桌上，而不是把药瓶放在药箱里，给自己写张小纸条放在口袋里。可以推断出，口袋里的小纸条因为无法直接看到，所以起不到提示的作用。D)正确。
29. C) 推理题。最后一段讲述健忘的另一种常见现象：走进一个房间，却忘了为何而去。最可能的是，你在想别的事情。由此可见，C)(如果我们专注于一件事，可能会忘了另一件事)正确。
30. A) 主旨题。本文的主题很明确——健忘的原因：缺乏注意力(没有将信息编码)、缺乏兴趣和心不在焉。B)、C)、D)可以轻松排除。

### Passage three

这是一篇议论文。文章首先介绍了 60 年代 Holmes 和 Rahe 关于导致压力产生的理论。他们认为任何重大变化都能给人带来压力。接着又介绍了 70 年代早期这方面的研究得出了一个错误信息，媒体忠告了大家为了保持身心健康，要避免一切给人带来压力的事情。然后作者表明了自己的态度——这样的忠告不可取，并阐述其原因。

31. B) 归纳题。第一段说明两位研究人员列举了一个给人带来压力的事件一览表，他们意识到任何重大变化都能给人带来压力这一微妙之处。不论是像家庭成员病重这样的消极事件，还是像结婚这样的积极的改变生活的大事都在一览表上位次居前。因此 B)(他们的研究