

The Collection of Latest Reading

大学英语四级

new

时文阅读集萃

主编 陈龙梅
主审 刘文成

● Novel ● Interesting ● Informative ● Practical



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华文出版社

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Latest Reading for CET-4

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网址: <http://www.hwbs.com>

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前 言

大学英语教学的主要目的是培养学生具备较强的阅读能力和初步的写作及翻译能力。多年的教学经验证明,要实现这一目标,单凭有限的课堂教学是远远不够的,学生还需花相当的时间和精力做好课外自我训练,而大量阅读难度适当的英文材料,可以有效地复习和巩固学过的知识,培养和提高语言能力,同时还可以开阔视野,扩大知识面,丰富英语背景知识,增强语感。同样,要提高翻译和写作能力,大量的课外阅读也是必不可少的。基于以上考虑,我们编写了本套丛书,供广大四、六级考生选用。

本丛书共分四、六级两册,每册各 40 个单元。每个单元分英语原文、阅读理解练习、词汇表和参考译文四部分。

所选文章内容原汁原味、新颖别致、题材广泛,既包括布什王朝、艾滋病、好莱坞影片、欧元、家庭教育等热门话题,也涉及种族歧视、氢经济、环境保护、网络、暴力等大众话题。既有科普文章、社会人文,也有独特人物、异地风情,不一而足。语言流畅准确,富有时代气息,融趣味性和知识性于一体,为适宜大学生课外阅读的英语教材。

针对每篇文章,我们精心设计了 10 道阅读理解题,题型涉及主旨题、推断题、词义推测题等四、六级考试阅读常考题型,以帮助读者透彻理解原文,同时提高应试能力。

为了方便读者对词汇的理解和记忆,每篇文章后面均附有词汇表。我们根据大学英语教学大纲及高等院校英语专业教学大纲,对词汇表中的单词标出了难度,六级以上词汇和专业四、八级词汇分别用符号“▲”和“◆”标记,其余未标注者均为六级词汇。读者可根据自身需要背记不同难度的词汇。

文章后的参考译文有助于读者深入地理解原文,提高翻译技能。

本书适合于四、六级水平的大学生,亦有益于英语专业学生及自考生;大学英语教师亦可由此“砖”而引“玉”入课堂,使学生接触富有时代感的语言材料。

本丛书特邀北京师范大学外语系刘文成教授审订,在此深表感谢。

限于时间与水平,错误疏漏之处在所难免,敬请广大读者批评指正。

编 者

2002.8 于北大燕园



目 录

- 1 Walk, Don't Run (1)
多走路,不要跑 (6)
- 2 No Oases for Saudi Youths (9)
对沙特阿拉伯青年而言,这并不是绿洲 (14)
- 3 Love Me (16)
英国银行和气生财 (21)
- 4 Korea's Youth Pass on Kimchi, Go for Pizza Hut (23)
韩国年轻一代放弃传统泡菜,选择比萨饼屋 (28)
- 5 Smuggling's Wild Side in Brazil (31)
巴西野生动物走私活动猖獗 (36)
- 6 Springing to Action (39)
动作片获得新生 (45)
- 7 In China, Battling the Girth of a Nation (47)
中国全民努力缩腰围 (52)
- 8 Clearing Skies over China (55)
让中国的天空变蓝 (63)
- 9 Scientist Warns of Sixth Great Extinction of Wildlife (66)
科学家警告第六次物种大灭绝 (71)
- 10 Tricks of Boosting Sales (74)
提高销售额的诀窍 (79)





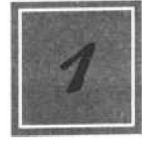
- 11 The Rubbish Problem of Berlin and London (83)
柏林和伦敦的垃圾问题 (88)
- 12 Jet Ships Will Cross Atlantic in Three Days (91)
喷气船三天横渡大西洋 (96)
- 13 Is Your Son at Risk of Heart Disease? Look at
His Hands (99)
你的儿子有患心脏病的危险吗? 看看他的手指 (105)
- 14 In Skating, Perfection Is in Judge's Eye (108)
滑冰比赛:裁判眼里出西施 (113)
- 15 One Currency, but Not One Economy (116)
单一货币≠单一经济 (121)
- 16 Incredible Islands (124)
难以置信的小岛 (129)
- 17 The Coming Hydrogen Economy (132)
即将到来的氢经济 (138)
- 18 Briton's Straighter Tower of Pisa (140)
英国人矫正比萨斜塔 (145)
- 19 Long-Distance Romance, Web-Enabled (148)
网上远程恋爱 (153)
- 20 Small Beats Mall (155)
小门脸取代大卖场 (161)
- 21 Treasures from a Button Box (164)
钮扣盒中的财宝 (171)
- 22 Fueling the Flame (174)
为火炬助燃 (180)
- 23 Screen Savers (183)



- 拯救电影院 (188)
- 24 Brief Reprieve for Some in Lead-Tainted Town (191)
铅污染小镇某些人得到暂时挽救 (196)
- 25 Hitler's Bomb Chief Betrayed Nuclear Secret (199)
希特勒的炸弹专家透露核秘密 (204)
- 26 Salt Lake Dons Its Games Face, City Eagerly Awaits
the Olympic Hordes (207)
盐湖城整饬一新迎奥运 (213)
- 27 Rethinking Suspended Education (216)
停学教育再思考 (221)
- 28 Archaeology of Grief (224)
挖掘悲伤的考古学 (229)
- 29 Latest Murders Highlight Rise in Campus Crime (232)
新近谋杀事件使校园犯罪率攀升成为关注焦点 (237)
- 30 Scandal of Scientists (240)
科学家的丑闻 (245)
- 31 Singleness Not the Same as Not Settled (248)
快乐的单身生活 (253)
- 32 China, Walking towards the World (257)
走向世界的中国 (262)
- 33 Europe Takes on Reform of the Welfare State (265)
欧洲着手福利制度改革 (270)
- 34 The Betrayed Investor (273)
被出卖的投资者 (279)
- 35 Gender Vendors (282)
研究性别的商人 (288)



- 36 Sins of the Father (290)
神父的罪恶 (295)
- 37 A Dynasty by Any Other Name (298)
另一个父子总统王朝 (303)
- 38 Americans' Love Affair with the Car May Be Starting
to Fade (306)
美国人对小汽车的迷恋可能正在降温 (312)
- 39 A Million-Dollar Maths Question (315)
悬赏百万美元证明数学难题 (320)
- 40 TV's Skin-Deep Take on Race (323)
电视掩盖黑人与白人关系的问题 (329)
参考答案 (332)



Walk, Don't Run

You want to get healthy. You know you need to exercise more. You may have even jump-started your New Year's resolutions by joining a gym. But if you're not ready to squeeze into shorts or a leotard(紧身连衣裤) and grunt through an hour of jazzing or kickboxing(跆拳道), don't despair. There's growing agreement among exercise researchers that the intense physical activities offered by most health clubs is not the only – or even necessarily the best-path to better health. In fact, the best thing most of us can do, say the experts, may be to walk.

Yes, walk. Not run or jog or sprint. Just walk, at a reasonably vigorous clip (3 m. p. h. – 4 m. p. h.) for half an hour or so, maybe five or six times a week. You may not feel the benefits all at once, but the evidence suggests that over the long term, a regular walking routine can do a world of preventive good.

Some of the areas in which scientists have already identified benefits:

HEART DISEASE Brisk walking is known to be good for the heart, which makes a lot of sense. The heart is a muscle, after all, and anything that makes the blood flow faster through a muscle helps keep it in shape. But regular walking benefits the heart in other ways as well. It lowers blood pressure, which helps decrease the stress on the arteries. It can boost the amount of HDL cholesterol (the good one) in the blood. It even seems to make the



blood less “sticky” and therefore less likely to produce unwanted clots(血液等的凝块). It all adds up to as much as a 50% reduction in the risk of suffering a heart attack.

WEIGHT CONTROL The older you get, the harder it is to maintain your weight simply by restricting what you eat. Walking briskly for at least half an hour not only consumes a couple of hundred calories, but it also boosts your metabolic(新陈代谢的) rate for the rest of the day, giving you a better chance of winning the battle of the bulge.

WEIGHT LOSS Walking is a great way to lose body fat, though most people find they have to do it for at least an hour a day in order to lose weight. The body doesn't really start burning its fat stores until after 30 minutes of activity. Exercising too intensely can actually work against you by interfering with the body's ability to pull energy from fat cells. You are more likely to maintain any weight loss you achieve if you incorporate walking into your daily routine.

DIABETES(糖尿病) Two studies last year provided strong evidence that brisk walking 30 minutes a day can postpone and possibly even prevent the development of Type 2 diabetes in people who are overweight and whose bodies have already started having trouble metabolizing glucose(葡萄糖代谢). In both studies, the best results were felt by subjects who lost 5% of their starting weight.

DEPRESSION A quick walk around the block is one way to get a fresh attitude, but can a program of regular walking do anything for clinical depression? New evidence suggests that it can. Antidepressants(抗抑郁病药) work more quickly to dispel(驱散) serious depression, but at least one study found that, after 10



months, depressed patients who were not medicated(服药的) and started exercising were less likely to relapse than those who took antidepressant drugs alone.

Walking won't cure everything that ails(折磨) you, of course, and nothing happens overnight. "People who have never exercised regularly should not think that in a week they all solve their problems by walking," says Dr. David Curb of the University of Hawaii. But they can expect a regular walking program to serve them well into old age.

When you are ready to begin, a few pointers(建议) can help you get the most out of your walking routine.

First, pay attention to your shoes. Walkers spend more time with the entire foot on the ground, so shoes for walking need to have more room at the front for the feet to spread.

Second, keep a record of your efforts, including how long you walked and how far you went. There's nothing like toting up the improvements to challenge you to do better.

Third, prepare yourself properly. The best way to avoid muscle aches is to start slowly and incorporate gentle stretches into your pre-exercise warm-up and post-exercise cooldown.

Finally, set realistic goals. Some people find that walking at a specific time each day works best for them. Others shoehorn(硬塞进) walking into their day by making minor adjustments in their daily routines, such as parking the car a few blocks away from the grocery store, taking the stairs instead of the escalator or prodding(鼓动) officemates to break for a walk rather than for a cup of coffee.

Remember; you don't need to win any races to get healthy. The secret to success is to keep a steady course.



Reading Comprehension

Choose the best answer according to the passage.

1. Exercise researchers think that _____.
 - A. we should have more intense physical activities
 - B. walking is the only path to better health
 - C. the intense physical activities are unsuitable for most of us
 - D. health clubs should not only offer single path to better health
2. Walking is good for the heart, because _____.
 - A. it strengthens the heart muscle
 - B. it helps the blood flow more smoothly
 - C. it decreases the amount of cholesterol in the blood
 - D. all of the above
3. Too intense exercising is not a good way to lose weight, because _____.
 - A. it can't boost the metabolic rate
 - B. it postpones the beginning of fat burning
 - C. it declines body's ability of consuming calories
 - D. the body doesn't really start burning fat stores until after 30 minutes of such activity
4. Study shows that _____.
 - A. the best results of brisk walking are to help the subject lose 5% of their starting weight
 - B. the treatment of depression through walking will take effect until 10 months later
 - C. regular working lessens the relapse of depression
 - D. brisk working has the best effect on diabetic 5% overweight only



5. In Dr. David's opinion, _____.
- A. only exercises over a week can take effect.
 - B. after regular exercises, one more week's walking will take effect.
 - C. walking will not take effect in a short period.
 - D. walking rarely cures anything that ails you.
6. Which of the following ways is not suggested by the author?
- A. Spending more time adjusting the foot falling to the ground.
 - B. Keeping a record of how long and how far you have walked every time.
 - C. Incorporating gentle stretches into pre-exercise and post-exercise.
 - D. Setting exercises goals according to different people.
7. The word "relapse" (Line 7, Para 8) most probably means _____.
- A. recover
 - B. improve
 - C. onset
 - D. recur
8. Scientists have already identified that walking can prevent a good many of diseases, except _____.
- A. controlling weight
 - B. improving mood
 - C. increasing confidence
 - D. lowering blood pressure
9. According to this passage, the main intention of the author is to _____.
- A. encourage people to exercise more
 - B. remind people to avoid intense physical activities
 - C. remind people to pay more attention to their health in the daily time
 - D. encourage people to walk more



10. The passage is probably taken from _____.
- A. an expert's lecture B. a scientific report
C. a medical magazine D. a bookreview

Vocabulary

- artery** ['ɑ:təri] *n.* 动脉;干线,要道
- brisk** [brɪsk] *a.* 轻快的,生气勃勃的;兴隆的,繁忙活跃的;寒冷而清新的
- bulge**ˆ [bʌldʒ] *n.* 膨胀,肿胀 *vi.* 膨胀,凸出,鼓起;塞满,装满
- calorie** ['kæləri] *n.* 大卡(食物的热值);卡(路里)
- cholesterol** [kə'lestərəl] *n.* 胆固醇
- clinical**ˆ ['klɪnikəl] *a.* 诊所的,医院的,临床的;(态度等)冷静的,客观的
- clip** [klɪp] *n.* (弹簧)夹子,回形针;弹夹,弹仓;剪,修剪
- curb** [kə:b] *vt.* 控制,约束 *n.* 控制,约束;(街道或人行道的)路缘
- diabetes**ˆ [daɪə'bitɪz] *n.* 糖尿病
- escalator**ˆ ['eskəleɪtə] *n.* (BrE) 自动楼梯
- grunt**ˆ [grʌnt] *vi.* 嘟哝,咕噜;(猪等)作呼噜声 *vt.* 咕哝着说
- incorporate** [ɪn'kɔ:pəreɪt] *vt.* 包含,加上,吸收;把…合并,使并入
- jog** [dʒɔ:g] *v./n.* 慢跑;(尤指不正当地)轻轻碰撞(或推搡)
- prod**ˆ [prɒd] *v.* 刺,戳;激励,刺激
- relapse**ˆ [ri'læps] *v.* (疾病)复发,再度陷入,故态复萌
- sprint**ˆ [sprɪnt] *v.* 用全速奔跑,疾跑

Chinese Version for Reference

多走路,不要跑

你想保持健康,你也知道要多锻炼。你可能已经把加入健身



班作为新年计划的开始。不过假如你不想换上短裤或紧身衣,去跳爵士舞或练跆拳道,也不必绝望。体育锻炼专家越来越一致地认为,大多数健康俱乐部提供的剧烈运动并不是唯一——甚至不是最好的——增进健康之路。事实上,专家说,我们大多数人能进行的最好的活动就是走路。

是的,走路。不要跑或跳。就以适度有力的步伐(每小时3~4英里)走上半个小时左右,每周五六次。你也许不会立即感受到它的好处,但证据显示,从长远看,有规律的走路运动对预防疾病有很大好处。

科学家已证实的有以下方面:

心脏病 轻快走路对心脏有益,这是有道理的。心脏说到底是一块肌肉,任何能加快肌肉血液流动的运动都有助于保持它的健康。有规律地走路还从其他方面对心脏有益。它能降低血压,从而减少动脉压力。它可以增加血液高密度脂蛋白胆固醇(有益的胆固醇)的含量。它甚至还能使血液不那么“黏稠”,从而减少结块的危险。总体看来,它能使心脏病发作的几率减少50%。

控制体重 年纪越大,想单纯靠节食来保持体重就会越困难。轻快地走上至少半个小时不仅可以消耗热量,还可以在接下来的一天中加快新陈代谢速度,使你可以更好地防止发胖。

减肥 走路是减掉脂肪的好办法,不过大多数人要想减肥每天至少要走一小时。身体只有在运动30分钟之后才开始燃烧脂肪。过于剧烈的运动只会适得其反,因为它会影响身体从脂肪细胞获取能量的能力。如果想保持减肥成果的话,就把走路列入你的日常安排吧。

糖尿病 去年两项研究的明显证据表明,对那些超重以及开始有葡萄糖代谢困难的人来说,每天轻松步行30分钟,就可以推迟甚至防止患Ⅱ型糖尿病的可能。两项研究中,效果最好的是那些初始体重减少了5%的受试者。

抑郁 在大街上快步走是改善心情的好办法,那么有规律的



走路计划是否可以用于临床治疗抑郁症呢？最新证据表明是可以的。抗抑郁药物在驱散严重抑郁时见效快，但有研究发现，10个月之后，与只服用抗抑郁药物的病人相比，那些不再服药并开始运动的病人复发的几率要小得多。

当然，走路不能治疗所有病痛，效果也不可能是立竿见影的。夏威夷大学的戴维·柯布博士说：“以前没有进行过有规律锻炼的人不该认为，走路一个星期就能解决他们所有的问题。”但有规律走路的益处，在年老时就会显现出来。

如果你决定开始的话，几条建议可以使你做到最有效的走路锻炼。

第一，注意你的鞋。走路更多的时候是全脚掌落地，因此走路的鞋要在前部有点空隙，好让脚伸展开。

第二，做锻炼记录，包括走的时间和路程。看到自己的进步最能促使你再接再厉。

第三，适当的准备活动。避免肌肉疼痛的最好方法是慢慢开始，在热身活动和锻炼后的休整中进行温和的伸展运动。

最后，制定切合实际的目标。有些人发现每天定时走路对他们最合适。其他人则通过对日常生活做些微调来抽空走路，比如把车停在离食杂店几个街区的地方；不乘电梯而走楼梯，或是鼓动同事休息时出去散步而不是喝咖啡。

记住：不需要过于心急来获取健康。成功的秘诀就是坚持稳步进行。