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College English New CET4

大学英语新四级

Reading 阅读理解

龚俭青 吕晶晶 主编

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引 言

根据新的四级考试大纲,大学英语四级统考的阅读理解通常会采用四种题型:短文阅读、快速阅读、篇章词汇和简答题。

短文阅读一般有 2 篇 250 ~ 350 词的短文。要求是:

Directions: There are four passages in this part. Each passage is followed by some questions or unfinished statements. For each of them there are choices marked A), B), C) and D). You should decide on the best choice.

可见短文阅读和平时的阅读理解完全是两回事。限定时间(平均每篇 9 分钟),选择答案。传统的阅读方法并不一定有效。读懂文章不一定能做对题目,而不读文章也有可能做对题目。多项选择题的阅读理解在某种意义上是一种“游戏”,解题应注意技巧,这也是对心理的挑战。

1. 阅读理解不仅是对语言的要求,而且也是看考生的知识结构。实验表明:考生对某篇的内容越熟悉,做题的正确率就越高。考生如对文章材料所涉及的内容和背景很熟悉,即使不读文章,也可能正确回答问题。

2. 要做对题目,有时文章可以似懂非懂。但问题一定要看懂。要明确问的是什么。现在的四个选项不一定是一对三错,在许多情况下,四个选项可能都是文章中有的。要仔细看懂问的是观点还是细节,是原因还是结果。

3. 一篇文章一般问五个问题。而五个问题不可能覆盖文章中每一个细节或每一个句子。通读一遍在不少情况下是浪费时间。有时只需读文章或段落的第一句或最后一句,掌握文章

的主旨和中心思想后,按照问题去检索信息,即可找到答案。

4. 寻找信息的阅读要快速进行。实验表明,时间和理解未必成正比。并不是读得越慢,理解越深。逐词读,注意的是词和句,是在分析句子的结构,这样得到的文章意思有可能是支离破碎的。而读得快,逼得你去抓文章的意思。

5. 利用问题中的线索,如醒目的人名、地名、时间、形容词等,到文章中找相应词。找到后仔细分析。从同义结构、反义结构、逻辑推理看出选项中哪一个和文章意思一样。要有证据,不能凭印象,想当然。

6. 由于问题的顺序和文章开展的顺序往往是一致的,因此答题可按自然顺序进行。但涉及主题思想、作者语气等全局性问题时,若先做完细节题,利用做细节题得到的信息再做,效率和正确率都高。

简答题的阅读理解要求在 15 分钟完成一篇 200 ~ 300 词的短文的理解。要求是:

Directions: In this part there is a short passage with five questions or incomplete statements. Read the passage carefully: Then answer the questions or complete the statements in the fewest possible words (not exceeding 10 words).

可见,简答题的阅读理解,既避免了多项选择题阅读理解的文字游戏,又避免了猜测成分,因此难度较大。

1. 和解多项选择的阅读理解题一样,在解这种类型的阅读理解题时,首先应把五个问题通读一下,不仅知道问什么,而且从中了解文章的主旨。

2. 根据问题提供的线索到文章中找答案。细节题一般都用这个办法。找到答案所在句子后不要照搬照抄,而是根据问题作相应的调整。问什么答什么,不问的不要答。

3. 对于主题大意等全局性题,放在最后解答。通过归纳和推理,用自己的话把意思写出。尽可能借用原文的结构和词语,

以避免语言表达的错误。

4. 语言要简洁,尽可能用单个词、短语、从句来表达。如问 Why...? 就用 Because...回答,甚至 Because 也可省去。回答不要超过 10 个词。

5. 注意语言表达的正确。如答案开头的词首字母一律大写、时态、主谓一致等。

本书提供了 20 套阅读理解题。每套中包括 1 篇快速阅读、2 篇短文阅读、1 篇篇章词汇和 1 篇简答题的阅读理解。材料全都来自于各种权威的英语考试机构,因此在质量上和真实性等方面都能得到保证。

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Unit 1

Part I Skimming and Scanning (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on **Answer Sheet 1**.

For questions 1-7, mark

Y (for YES) if the statement agrees with the information given in the passage.

N (for NO) if the statement contradicts the information given in the passage.

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8-10, complete the sentences with the information given in the passage.

Coping with Stress

[Dr. Hans Selye is a leading authority on stress. He has been doing research in this field for more than 40 years, and his book *Stress without Distress* is printed in nine languages. Dr. Selye is a member of the University of Montreal faculty, and he is now organizing the International Institute of Stress in Montreal.]

1. Q: Dr. Selye, is it true that there is more stress in today's society than in years past?

A: People often ask me that question, sometimes comparing our lives with that of the cave man — who didn't have to

worry about the stock market or the atomic bomb. They forget that the cave man worried about being eaten by a bear while he was asleep, or about dying of hunger — things that few people worry much about today. In the end, I doubt whether modern man experiences more distress than his ancestors. It's not that people suffer more stress today; it's just that they think they do.

2. Q: *But isn't everybody subject to stress?*

A: That's right. Few studies have been done that permit me to answer in strictly objective, scientific terms, but as far as I can tell from talking to diverse groups — from businessmen to air-traffic controllers — everybody thinks he or she is under the greatest stress. The truth is that everybody actually is under stress because — and this may be shocking to take — if you really managed to avoid stress completely, you would be dead.

3. Q: *Then stress is a normal state of affairs?*

A: Yes, and it's important that people understand what they are talking about when they speak about stress. Whenever anyone experiences something unpleasant, for lack of a better word they say they are under stress. Yet there is such a thing as pleasant stress — as in the case of the Olympic winner at the moment of his glory, or a conductor as his orchestra performs particularly well. They are just radiating excitement, and they are secreting all the stress hormones exactly the same as if they were dejected or had just heard of a death in the family. We call the pleasant or healthy kind “eustress” and the unpleasant or unhealthy kind “distress.”

4. Q: *Are men and women equally subject to stress?*

A: Certainly. Let me add that the more the “women's liberation” movement permits women to take what have usually been

considered male jobs, the more women are subject to so-called male diseases, such as cardiac infarctions, gastric ulcers, and hypertension. They get the same satisfactions, too, of course, but at a price.

5. Q: *Before we go any further, exactly what is stress — plain worry, or something more than that?*

A: In simple medical terms, I define stress as the response of the body to any demand. Stress is the state you are in, not the agent that produces it, which is called a stressor. Cold and heat, for example, are stressors. But in man, with his highly developed central nervous system, emotional stressors are the most frequent and the most important. The thing for the average person to remember is that all the demands that you make — whether on your brain or your liver or your muscles or your bones — cause stress. For example, stress can occur under deep anesthesia, when your emotions are not engaged, or in animals that have no nervous system, or even in plants.

6. Q: *How can you tell when someone is under stress?*

A: There are two ways of going about this; One not accessible to the public is biochemical and neurological — measuring blood pressure, hormone levels, the electric activity of the brain, and so on. But there are other indices that anyone can judge. No two people react the same way, but the usual responses are an increase in pulse rate and an increased tendency to sweat. You will also become more irritable and will sometimes suffer insomnia, even long after the stressor agent is gone. You will usually become less capable of concentrating, and you will have an increased desire to move about. I was talking with a businessman this morning who asked if he could walk back and forth because he couldn't think well sitting

down. That is a stress symptom everybody will know.

7. Q: *What are the more frequent causes of stress?*

A: One cannot generalize. They differ in various civilizations and historical time periods. At certain times, pestilence and hunger were the predominant causes. Another, then and now, is warfare or the fear of war. At the moment, I would say the most frequent causes of distress in man are psychological — that is to say, lack of adaptability, not having a code of behavior. One reason for this is that the satisfaction of religious codes had diminished in importance for mankind. So has the idea of being loyal to your monarch or leader. Even the satisfaction of accumulating dollars has been diminished by inflation.

8. So one of the main problems for youngsters these days is that they have no motivation. It is not that they are stupid. Drop-outs include the brightest. But they don't believe what they are taught in school. And it's sometimes the most intelligent ones who then turn to drugs, alcohol, or other forms of abuse. They are very energetic, but they haven't anything to run for. The problem is expressed by the French writer Montaigne, who said: "No wind blows in favor of the ship that has no port of destination."

9. Q: *Stress is basically bad for you, isn't it?*

A: Not necessarily. It's the same as saying, "John is running a temperature." Well, who isn't? What you mean is that John is running too high a temperature. This brings us to two important words — "hyperstress" or too much stress and "hypos-tress" or not enough stress. Both words are relative. For me, it may not be enough; for you, it may be too much. But it is inconceivable that anyone should have no stress at all.

10. Most people who are ambitious and want to accomplish some-

thing live on stress. They need it. I like to use examples from the animal world because there is a biological basis for what I say. If you take a turtle and force it to run as fast as a race horse, you will kill it. So it's useless to say to a turtle-type human that he must accomplish this because his father was famous and his grandfather before that. You can't make a race horse out of a turtle. But the reverse is also true. If you are the race-horse type, as most efficient business executives and politicians are, you have the urge to do many things and to express yourself. If you are told not to do anything, you are under terrible distress.

11. Q: *Does excessive stress do any harm?*

A: By all means. For instance, you can be bothered by your mother-in-law or your boss to the point where you suffer continuously, until you have gastric ulcers and hypertension and all the rest. When people say, "It gives me an ulcer" or "a pain in the neck" or "a migraine headache" to do certain things, it's not just a way of talking. It actually does happen. Chronic exposure to stress over a long time may cause serious diseases — cardiovascular disease, heart attacks, mental breakdowns — the typical stress diseases, we call them.

12. Q: *How can people cope with stress?*

A: The secret is not to avoid stress but to "do your own thing". That is an expression to which I fully subscribe. It implies doing what you like to do and what you were made to do at your own rate. Medicine can help. There are good drugs for high blood pressure, for instance. But for most people, it is really a matter of learning how to live, how to behave in various situations, to decide: "Do I really want to take over my father's business or be a musician?" If you real-

ly want to be a musician, then be one.

1. The main idea of paragraph 1 is that cave men suffered more stress than today's people did. ()
2. According to Dr. Selye, when people get excited about their great success, they are also producing the stress hormones. ()
3. Hyper-stress sometimes does harm to people too. ()
4. Your stress will not be released until the stress of agent is gone. ()
5. When people say, "it gives me an ulcer" or "a pain in the neck," they really mean it. ()
6. Most people can count on themselves when coping with stress. ()
7. Dr. Selye's views on stress are important because he is a doctor and has been doing research in his specialty — stress — for more than 40 years. ()
8. It is impossible to decide what the more frequent causes of stress are because they differ in _____.
9. One of the ways to tell when somebody is under stress, though it is not open to the public, is _____.

10. Male diseases such as cardiac infarctions, gastric ulcers, and hypertension may affect women if they are allowed to take _____.

Part II Reading in Depth (25 minutes)

Section A¹

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the blank is identified by a letter. Please mark the corresponding letter for each item on Answer Sheet. You may not use any of the words in the bank more than once.*

- | | |
|---------------|--------------|
| A) success | I) present |
| B) approaches | J) real |
| C) true | K) respects |
| D) suddenly | L) succeeded |
| E) widely | M) content |
| F) provided | N) process |
| G) progress | O) wildly |
| H) extremely | |

To write a history of our scientific knowledge of the dream problem is 1 difficult, because, valuable though this knowledge may be in certain 2, no real 3 in a definite direction is as yet discernible. No 4 foundation of verified results has hitherto been established on which future investigators might continue to build. Every new author 5 the same problems afresh, and from the very beginning. If I were to enumerate such authors

in chronological order, giving a survey of the opinions which each has held concerning the problems of the dream, I should be quite unable to draw a clear and complete picture of the 6 state of our knowledge on the subject. I have therefore preferred to base my method of treatment on themes rather than on authors, and in attempting the solution of each problem of the dream, I shall cite the material found in the literature of the subject.

But as I have not 7 in mastering the whole of this literature — for it is 8 dispersed and interwoven with the literature of other subjects — I must ask my readers to rest 9 with my survey as it stands, 10 that no fundamental fact or important point of view has been overlooked.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

Section A² (根据四级考纲,该部分“简答题”和上面“选词填空”交替使用)

Directions: *In this part, there is a short passage with five questions or incomplete statements. Read the passage carefully. Then answer the questions or complete the statements in the fewest possible words (not exceeding 10 words).*

The story of the eels' journey to their mating, and the elvers' journey back, has always fascinated me, and I was once fortunate enough to witness the very beginning of the journey. I was driving my car late one September evening when the headlights picked out what looked like a water-splash rippling across the road. I slowed down and saw that the foot-wide strip of gleaming silver was not water, but was made up of a great company of eels, wriggling in procession from one side of the road to the other.