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College English **READING** Comprehension Course for 大学英语四级 **BAND FOUR**

悦读教程

合肥工业大学出版社

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前 言

随着全球化的日益发展,熟练地运用掌握英语已成为国人必备的一项基本技能。阅读作为获取大量信息的有效手段,也越来越引起方方面面的关注。

对中国学生来说,阅读在各类英语考试中一直是难度大、失分多的一种题型。大学英语四级考试中心也不断提高对阅读部分的要求。题型设计不仅有多项选择,还包括简短回答问题等主观题型。简短回答问题侧重于测试考生对文章内容的理解能力以及用简短、准确的语言概述和表达能力。它的难处是需要在正确理解的基础上,自己来组织语句答题,对语句的正确性与准确性要求较高。

顺应这种大趋势,我们设计了一种全新提高英语阅读的方法。书中根据不同题材进行分类,每一题材包括一篇课文、一篇精读、一篇泛读。三篇文章均附有中文翻译。其中课文部分不仅罗列出相关四、六级重点难点词汇和表达法,还给出了文中难解句子的英文解释及翻译。课后练习以对错练习和简短回答为主。精读部分中寻读练习较多,并且特别设计了文中词汇运用练习。这项练习既能考察学生的阅读理解,又能测试出学生的实际运用能力,是一种全新的题型。泛读部分以略读为主,考察的是学生对文章整体的把握程度。这种设计旨在为读者创造“学习——理解——自我检测”这样一种通过读、写来快速提高英文阅读的途径,这就可以避免单纯大量做阅读练习的枯燥性和盲目性。

本书由唐军副教授主编,喻家楼教授主审,参编的所有老师都有多年的大学英语四级的教学教龄,经验丰富,对四级的考题作过多方面的剖析,精通四级内容。本书有38.6万字,共有11人参与编写,平均每人撰写约3.5万字书稿。

该书设计新颖,内容丰富,实用性及针对性强,是参加大学英语四级考试的一本应试参考书。

诚恳希望这本书在您通往成功之路的征途上能助一臂之力。但由于编者水平所限,书中难免有纰漏及错误之处,敬请批评指正。

编 者
2005年6月

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Unit 1

As is well known, health is the most precious treasure in our life. However, the meaning of health has changed among different people and groups over different periods. With people's increasing awareness of health, how to keep fit has become a hot issue. Some advocate doing exercises, some emphasize healthy eating, and others choose to fall back on health supplements. Then, how do you think of health and what choice will you make?

Passage A Text

Health Supplements Involve Risks

1 You can swallow them, drink them, spray them down your throat, put them on with make-up or inject them straight into your body. Go into any health food shop or any drugstore, and there they are, lining shelf after shelf.

2 The vitamin and food supplement business has in the last few years grown into a multi-million pound industry. Around 10 million people in Britain are thought to take the pills. Dr. Wendy Doyle of the British Dietetic Association said it is the result of increased health awareness. In addition, the industry has grown in marketing strength, carrying out large advertising sections in women's, consumer and diet magazines.

3 But controversy and concern in the medical profession have also grown. Nutritionists and doctors claim that the public could be damaging their health or making diagnosis of serious conditions impossible.

4 No one doubts that supplements can have some benefits in some circumstances. But the industry claims that anyone who is stressed, young, old, smokes, drinks too much, is recovering from an illness or is doing lots of exercise —just about everyone— should take supplements.

5 Nutritionists say that for most people, most of the time, that's simply not true. "You shouldn't just rely on vitamin pills and not eat vegetables. There are

health-promoting plant compounds that you won't get in your mineral mix," said Doyle.

6 Many doctors are alarmed at how often people are encouraged to take far in excess of the recommended daily amount. Catherine Collins, chief nutritionist at St George's Hospital in London, said: "High doses are not natural — we do not need thousands of milligrams a day. There is no scientific evidence to support taking high doses."

7 At best, the excess vitamins will get washed out. Vitamin B complex and vitamin C are water soluble, and your kidney should just drive them out. But fat soluble vitamins — A, D, E, K — are stored in the liver, and large doses will probably build up.

8 There is growing evidence that excessive doses can result in considerable harm. Too much vitamin A can cause liver failure. Vitamin E in large doses can lead to internal bleeding. There are even growing fears that vitamin C can cause problems. A study last year suggested that over 500mg a day can thicken artery walls.

9 But because there is little regulation of the health supplement industry in the UK, it is difficult to know how many people have been adversely affected.

(403 words)

New words

supplement	/ˈsʌplɪmənt/	n.	an additional amount that makes something complete or supplies something else that is needed 补充; 增补; 追加
involve	/ɪnˈvɒlv/	v.	to have as a necessary part or result 包含, 使成为必要部分或必然结果
swallow	/ˈswɒləʊ/	v.	to move (food or drink) down the throat from the mouth and towards the stomach 吞下, 咽下
spray	/spreɪ/	n.	[C] 燕子
		v.	to throw or force out (liquid) in very small drops on (a surface, person, field of crops, etc.) 把(液体)喷在(表面、人体、庄稼等的)上面

inject* (with, into)	/in'dʒekt/	v.	to put (liquid) into (someone) with a special needle 注射(药液); 给...注射
consumer	/kən'sju:mə/	n.	[C] a person who buys and uses goods and services 消费者, 顾客
controversy	/'kɒntrəvɜ:sɪ/	n.	[C; U] (a) fierce argument or disagreement about something, esp. one that is carried on in public over a long period 争论; 辩论; 争议
<u>nutritionist</u>	/nju:'triʃənɪst/	n.	[C] 营养学家
claim	/kleɪm/	v.	to declare to be true; maintain 断言, 声称; 主张
diagnosis* (of)	/ˌdaɪəɡ'nəʊsɪs/	n.	(pl. diagnoses) (a judgment which is the result of) the act of diagnosing 诊断(结论)
compound	/'kɒmpaʊnd/	n.	a combination of two or more parts, substances, etc., esp. a chemical substance consisting of at least two different simple substances combined so as to have qualities different from those of the substances from which it is made 化合物, 复合物
alarm	/ə'laɪm/	v.	to fill with fear and anxiety 使恐慌, 使焦虑不安
<u>dose</u> (of)	/dəʊs/	n.	a measured amount (of a medicine) given or to be taken at one time(药物的)一次服用量; 一剂
<u>milligram</u>	/'mɪlɪgræm/	n.	毫克
soluble* (in)	/'sɒljubl/	adj.	1. that can be dissolved in a liquid 可溶的, 易溶解的 2. (fml) that can be solved(正式)可以解决的
kidney*	/'kɪdni/	n.	[C] either of the pair of bodily organs in the lower back area,

excessive	/ik'sesiv/	adj.	too much; too great 过多的, 过度的
artery*	/'a:təri/	n.	one of the tubes that carry blood from the heart to the rest of the body 动脉
<u>adversely</u>	/'ædvə:sli/	adv.	(fml) unfavorably (正式) 不利地

Phrases and expressions

in addition (to)	as well (as); besides 除...之外; 另外
rely on	to trust; have confidence in 信任, 信赖
in excess of	more than 多于, 超出
at best	in the most favorable conditions or according to the most favorable judgment 在最有利的情况下; 据最好的估计; 充其量, 至多
wash out	to clean with a lot of water (用大量水) 冲洗
build up	to (cause to) increase, develop or become gradually larger (使) 增进; 增加; 加强; 扩大; 振兴
result in	(无被动态) to have as a result; cause 导致, 造成

Notes

1. *health supplements*: 保健补品
2. *Go into any health food shop or any drugstore, and there they are, lining shelf after shelf.* (lines 2~3, para. 1): No matter which health food shop or drugstore you go in, you will find that many shelves are filled with health supplements. 随便走进一家保健食品商店或是药房, 你都可以发现, 这些保健补品摆满了店里的一个又一个货架。
3. *the British Dietetic Association* (line 3, para. 2): 英国饮食健康协会
4. *But the industry claims that anyone who is stressed, young, old, smokes, drinks too much, is recovering from an illness or is doing lots of exercise —*

just about everyone — should take supplements. (lines 2~4, para. 4): But the health supplement industry says that almost all people should take these health foods, i. e., it doesn't matter whether you are young or old, whether you are under great pressure, whether you are recovering from your illness, or whether you are exercising a lot. 可是该行业却宣称,基本上所有人——年幼的,年老的,吸烟的,酗酒的,感到压力大的,正处于疾病恢复期的,或是正进行大量训练的——都应该服用补品。

5. *health-promoting plant compounds* (line 3, para. 5): compounds that are combined by two or more plant substances which can help the growth or development of health. 增进健康的植物化合物
6. *Many doctors are alarmed at how often people are encouraged to take far in excess of the recommended daily amount.* (lines 1~2, para. 6): People are recommended to take a certain amount of health food every day, but in many cases the amount people take is much more than the recommended one. Many doctors are worried about this. 人们每天可以摄入的保健补品是有数量限制的,可实际上这个建议服用量却经常被大大超过,这一发现令许多医生焦虑不安。

Exercises

Part I . After reading the passage, please indicate whether the following statements are true or false, write "T" for true and "F" for false.

- () 1. Health supplements are accessible everywhere in UK, which is the main reason why more people are taking more of them.
- () 2. Health supplement industry makes great efforts to promote its sales.
- () 3. Nutritionists and doctors suggest people should not take vitamins or food supplements.
- () 4. Many vitamins can be washed out, so it is quite ok to take large doses of them.
- () 5. Excessive vitamin E may cause external bleeding.

Part II . Read the passage carefully, then answer the following questions or finish the incomplete statements in 3~5 words.

1. Where can people in UK easily buy health supplements?
2. How is the health supplement industry like nowadays?
3. Why are there so many people in UK taking health supplements?
4. Compared with the recommended daily amount of health food, many people often take _____.

5. Why can some vitamins be driven out by your kidney?

Passage B Careful Reading

Exercise and Diet Keep the Body Fit

1 Much research has been devoted to studying the effects of exercise on the human body. Studies by university sports science faculties are sources of information on the latest developments relating to physical fitness.

2 The following is a summary of a few such developments compiled from a variety of sources.

Don't skip over sleep

3 Today's fast-paced and stressful lifestyle often leaves a great many people regularly short of sleep.

4 We need a minimum of eight hours slumber per night — mainly to allow the body to recover for the next onslaught upon it the following day.

5 While it's obvious that lack of sleep can cause fatigue and irritability, a recent survey revealed that sleep deprivation can also have a harmful effect on muscles. A hormone called cortisol that eats into muscle tissue is present in higher quantities in tired people. It is also suspected that cortisol is responsible for damaging brain cells and weakening the immune system.

6 So the message is clear: You just cannot skip over sleep! No matter how hard you push yourself, your workout schedule will not bear maximum results without the necessary amount of recovery time.

Eating to beat fat

7 It's well known that protein plays an essential part in building muscle in a workout program.

8 Now it has now been found that a high protein diet may actually be beneficial in other ways, too — namely, in burning fat.

9 A recent US study has concluded that a diet high in proteins results in more calories being burned in the digestive process that follows consumption.

10 This process of burning calories to digest food is known as the thermic

response.

11 When a high carbohydrate-based diet was compared to a high protein one, the calories used in digesting in the latter were far in excess of those burned with the high carbohydrate diet — as high as 58 calories difference in the first 30 minutes after eating.

12 The study found that a high protein diet during muscle-building activities actually has a two-fold result: It allows for faster muscle development and also increases the rate of fat reduction. The outcome was a recommendation to aim to consume two grams of protein for each kilo of body weight per day. (366 words)

Exercises

Part I . After reading the passage, please make the best choice from the options given for each item below.

1. What is the main idea of this passage?
 - A. We should take more exercises.
 - B. How to keep the body fit.
 - C. Enough sleep and high protein diet are very important.
 - D. Physical fitness develops quickly.
2. Which of the following statements is TRUE about sleep?
 - A. A person needs eight hours of sleep each night at most to allow the body to recover for the following day.
 - B. Most scientists hold that the more sleep you have, the fitter you keep.
 - C. A recent study revealed that sleep deprivation may cause people to be easily tired and angry.
 - D. Your workout schedule will not bear maximum results even with the necessary amount of recovery time.
3. According to the passage, to build muscles in a workout schedule, you should _____.
 - A. take a high protein diet
 - B. take a high carbohydrate-based diet
 - C. have enough sleep
 - D. burn fat to digest food
4. Lack of sleep can have an adverse effect on muscles, because _____.
 - A. it causes people's fatigue and irritability
 - B. it can erode muscle tissues

- C. it can damage brain cells
 - D. it deprives people of time to recover
5. Which of the following statements cannot be inferred from the passage?
- A. University sports science faculties can provide latest information about physical fitness.
 - B. A good recovery will make your workout programs beneficial.
 - C. Carbohydrate doesn't play an important role in building muscles as protein does.
 - D. People should take as much protein as possible to burn fat.

Part II . Choose a word or a phrase from the passage to fill in each of the following blanks. Change the word form when necessary.

- 1. Most of our meetings were _____ to discussing the housing problems.
- 2. All these secret documents _____ the World War II.
- 3. He couldn't join the police, because he was below the _____ height allowed by the rules.
- 4. This law will _____ us of our most basic rights.
- 5. To our great joy, this year's profits were _____ a million pounds.

Passage C Fast Reading

Meanings of Health Change

1 The concept of health holds different meanings for different people and groups. These meanings of health have also changed over time. This change is no more evident than in Western society today, when ideas of health and health promotion are being challenged and expanded in new ways.

2 For much of recent Western history, health has been viewed in the physical sense only. That is to say, good health has been connected to the smooth mechanical operation of the body, while ill health has been attributed to a breakdown in this machine. Health in this sense has been defined as the absence of disease or illness and is seen in medical terms. According to this view, creating health for people means providing medical care to treat or prevent disease and illness. During this period, there was an emphasis on providing clean water and

improved housing.

3 In the late 1940s the World Health Organization began to challenge this view of health. They stated that “health is a complete state of physical, mental and social well-being and is not merely the absence of disease”(WHO, 1946). Health and the person were seen more holistically (mind/body/spirit) and not just in physical terms.

4 The 1970s was a time of focusing on the prevention of disease and illness by emphasizing the importance of the lifestyle and behavior of the individual. Specific behaviors which were seen to increase risk of disease, such as smoking, lack of fitness and unhealthy eating habits, were targeted. Creating health meant providing not only medical health care, but health promotion programs and policies which would help people maintain healthy behaviors and lifestyles. While this healthy lifestyle approach to health worked for some (the wealthy members of society), people experiencing poverty, unemployment, underemployment or little control over the conditions of their daily lives benefited little from this approach. This was largely because both the healthy lifestyle approach and the medical approach to health largely ignored the social and environmental conditions affecting the health of people. (331 words)

Exercises

Part I . After reading the passage, please indicate whether the following statements are true or false, write “T” for true and “F” for false.

- () 1. For much of human history, health has been viewed as the absence of disease only.
- () 2. More than half a century ago, WHO defined health in terms of mental, physical and social well-being.
- () 3. The approach to health during the 1970s included the introduction of health promotion programs.
- () 4. Many people, especially those with unhealthy lifestyle can benefit a lot from the lifestyle approach to health.
- () 5. Social and environmental conditions play an important role in people's health.

Part II . Read the passage carefully, then complete the following statements in 3~5 words.

1. The concept of health means differently to different _____.
2. In the past, ill health meant _____.
3. Before 1940s, the focus of creating health was on _____.
4. "holistically" in Para. 3 most probably means _____.
5. Smoking and unhealthy eating habits should be paid attention to because they _____.