

恩波·大学英语辅导丛书

The COLLEGE ENGLISH

四级考试

大学英语

全真阅读理解

大学英语4级考试命题研究组 / 组 编

谢忠明 蒯莉萍 / 编 著

- 全国著名辅导专家的倾心之作
- 历年全真考试难点和规律的全面透视
- 为2003年考生提供实战训练的最佳方案



国家行政学院出版社

恩波 · 大学英语辅导丛书

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前言

最新一次的四六级考试再次证明:要过四六级,必须练真题。近两年的四级试题不仅沿袭了近年来真题的出题思路,也应验了编者对真题命题趋势的预测。而阅读理解在真题当中占到40%,这一现象在某种程度上也就决定了同学们的四级考试能否通过,能否拿高分。同时这也就要求同学们提高阅读理解的能力。

怎样才能提高阅读理解的能力呢?许多在校的大学生们都会遇到这样令人困惑的问题。或曰:多读。诚然多做一些专门的阅读理解训练,培养语感,是一条正确的路子。但是纵观市场上,此类书籍林林总总,名目繁多,总不能一一做来。所以在多读的同时要注意的是方法,使之具有针对性。

要顺利通过四级,一个“对症下药”的方法就是对历年真题进行分析研究,并在此基础上进行归纳、总结和预测。为此,我们邀请了在国内四级英语辅导第一线的著名专家写了这套全真阅读理解。该书对1995年至今的真题阅读归门别类,划分为:科普篇、人文篇、经济篇、体育篇、综合篇,并对每一套试题进行了详尽的分析和解释,独具特色地历练您的阅读理解能力,训练您的应对真题的技巧和方法。

为了更好地让同学们掌握阅读解题的方法、技巧和规律,本书在生词的解释上不仅列出文中本义,还列解了其他意项,还有复杂句型的理解、分析,每篇阅读理解的解析有原文大意,帮助考生从整体上把握原文。题目讲解部分详细,透析考点和解题规律,帮助考生举一反三。以使同学们除了理解文章字面意义,还能够理解和归纳文章的要旨和中心思想,理解和辨析支撑文章中心思想的细节内容,从字里行间推断文章的深层含义,揣测作者意图、观点和态度,根据上下文推测词义,理解上下文的逻辑关系等等。这样的训练和学习能让您的阅读理解在短期内达到长期的效果。

本书采取独创的编排形式,做到阅读与思维同步,点拨与双色互为搭配,让你一目了然,使你能够更容易更准确地抓住本书要义所在。

同时,为了更好地提高您的阅读能力,更放心地面对每次考试中所面临的阅读理解试题,我们还推出了《大学英语四级标准阅读理解》,这本书

不仅对历年典型真题阅读有详细的译文,还有大量的模拟试题。让您真正达到一边学习,一边自测的效果。

最后真诚地希望本书能切实帮助广大考生的英语学习,不仅是为应试做准备,更是让考生领悟到四级考试的真谛,寻找到一种正确的学习方法和学习态度,真正提高自己的英语水平。

编者

开卷易读

四级阅读理解考试内容

阅读理解共 20 题,考试时间 35 分钟。要求考生阅读若干篇短文,总阅读量不超过 1000 词。每篇短文后有若干个问题。考生应根据文章内容从每题四个选项当中选出一个最佳答案。

选材原则:

1. 题材广泛,可以包括人物传记、社会、文化、日常知识、科普常识等,但是所涉及的背景知识应能为学生所理解;
2. 体裁多样,可以包括叙述文、说明文、议论文等;
3. 文章的语言难度中等,无法猜测而又影响理解的关键词,如超出教学大纲词汇表四级的范围,用汉语注明词义。

阅读理解部分主要测试下述能力:

1. 掌握所读材料的主旨和大意;
2. 了解说明主旨和大意的事实和细节;
3. 既理解字面的意思,也能根据所读材料进行一定的判断和推论;
4. 既理解个别句子的意义,也理解上下文的逻辑关系。

阅读理解部分的目的是测试学生通过阅读获取信息的能力,即要求准确,也要求有一定的速度。

阅读理解真题常见表达方式

一、细节题

1) According to (Based on) the passage (story / author), which of the following (statements) is (NOT) TRUE mentioned (included / exceptional / listed)?

2) As indicated in the passage, ... / ... as mentioned in the first paragraph ...

3) The author mentions that ... / The speaker the author mentioned in the passage believed that ...

4) What is the author's main concern? / What was the attitude of ... towards ...

开篇题

5) The author mentions the example of ... to show the.../the primary purpose of ... is ...

6) The first paragraph tells us that....

5) One significant ... will probably be...

6) It is stated (evident that the author) in the passage...

7) Which of the following best characterized (is the MOST distinctive of) the main feature...? /...is characterized by...

8) From the passage we know that... /what do we learn from the last paragraph

9) Which of the following does not account for...? / What is special about...

10) Which of the following can be the cause of (a probable reason why)...? / What is the cause of the problem... / The reason why...

11) What is said about...

12) How would you describe the end of...?

二、要点归纳题

1) The word (phrase/clause/sentence)"..." (Para. ..., Line,...) refers to (most probably means)...

2) What's the meaning of ... (Para. ..., Line,...) as used in the context?

3) ... (Para. ..., Line,...) is most likely(closely) related to...

4) The purpose of ... is to ... / According to the first paragraph, ... is that...

5) When the author says that ..., he is trying to...

6) In the author's opinion / view, the speaker...

7) In the eyes of the author / According to the author... should be

三、主旨题

开篇导读

1) The main idea (topic/theme/objective/major point/subject matter) of (discussed in) the passage is that...

2) The passage (paragraph) is mainly (chiefly) about (states/ deals with) that ... The passage tells us that... / What is the passage mainly about? / The passage is meant to... / The passage mainly discusses...

3) The author is mainly (primarily) addressing... / The author's purpose in writing this passage is ... / What is the author's purpose in writing this passage? / What is the author trying to tell us? / In the passage the author argues that... / In this passage the author is primarily concerned with...

4) The purpose of this article is to...

5) What idea does the author want to convey in ... para...?

6) Which of the following can best sum up the passage? / Which of the following is the major point of this passage?

7) The best title for this passage would be...

8) The title that best expresses the main idea of the passage is... / Which of the following titles best summarizes the main idea of the passage?

9) From the passage it can be seen that...

10) It can be concluded from the passage that...

四、结论题

1) From the passage (On the basis / Given thus), one can conclude (it can be concluded) that...

2) What's the conclusion (view / tone/ purpose) of the passage?

3) What's the author's position / attitude towards...

4) The closest restatement of ... is that...

5) The author believes (argues/holds/thinks /feels) in the passage that...

开篇导读

6) It's widely (generally) argued (held /believed/ accepted) that...

五、推断题

1) From the passage it can (may) be inferred (estimated) that...

2) It is implied but not stated(suggested) in the passage that...

3) The passage (author) implies (suggests/ means)that...

4) The idea of ... implies roughly...

5) What will probably precede(follow) this passage?

6) What's the style of this passage?

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本篇导读

科 普 篇

大学英语四级考试阅读部分的科普类文章每年的四级考试中都会出现一至二篇,有时甚至更多,所以应当对这类文章给予足够的重视。这类文章有的探讨一项新技术的应用,有的则通过实验对一种看法进行验证,有的则直接介绍某一方面的科学知识。在近年来的考试中,特别要注重学生对科普类文章整体脉络以及每段或几段的中心大意的把握。具体来说,若是碰到实验类的文章,阅读时要注意留意实验的目的、实验的过程、实验的结果以及得出的结论。这些往往都是阅读的出题重点。

Passage One

Researchers have established that when people are mentally engaged, biochemical changes occur in the brain that allow it to act more effectively in cognitive areas such as attention and memory. This is true regardless of age.

People will be alert and receptive if they are faced with information that gets them to think about things they are interested in. And someone with a history of doing more rather than less will go into old age more cognitively sound than someone who has not had an active mind.

Many experts are so convinced of the benefits of challenging the brain that they are putting the theory to work in their own lives. "The idea is not necessarily to learn to memorize enormous amounts of information," says James Fozard, associate director of the national Institute on Aging, "Most of us don't need that kind of skill. Such specific training is of less interest than being able to maintain mental alertness." Fozard and others say they challenge their brains with different mental skill, both because they enjoy them and because they are sure that their range of activities will help the way their brains work.

Gene Cohen, acting director of the same institute, suggests that people in their old age should engage in mental and physical activities individually as well as in groups. Cohen says that we are frequently advised to keep physically active as we age, but older people need to keep mentally active as well. Those who do are more likely to maintain their intellectual abilities and to be generally happier and better adjusted. "the point is, you need to do both," Cohen says. "Intellectual activity actually influences brain-cell health and size."

1. People who are cognitively healthy are those _____.
 A) who can remember large amounts of information
 B) who are highly intelligent
 C) whose minds are alert and receptive
 D) who are good at recognizing different sounds
2. According to Fozard's argument, people can make their brains work more efficiently by _____.
 A) constantly doing memory work
 B) taking part in various mental activities
 C) going through specific training
 D) making frequent adjustments
3. The findings of James and other scientists in their work _____.

- A) remain a theory to be further proved
 - B) have been challenged by many other experts
 - C) have been generally accepted
 - D) are practised by the researchers themselves
4. Older people are generally advised to _____.
- A) keep fit by going in for physical activities
 - B) keep mentally active by challenging their brains
 - C) maintain mental alertness through specific training
 - D) maintain a balance between individual and group activities
5. What is the passage mainly about?
- A) How biochemical changes occur in the human brain.
 - B) Why people should keep active not only physically but also mentally.
 - C) How intellectual activities influence brain-cell health.
 - D) Why people should receive special mental training as they age.

阅读小帮手

难词注释

establish v. 确立;建造;证实,确定

engage v. 保证;使订婚;使从事,忙于,使参加

challenge v. 向……挑战;查口令;对……质疑;刺激,激发

难句点拨

Fozard and others say that they challenge their brains with different mental skill, both because they enjoy them and because they are sure that their range of activities will help the way their brains work.

此句中注意由“both...and...”引导的两个并列的原因从句,其中“their brains work”是一个定语从句,修饰“the way”,其后省略了“in which”。此句话的意思是:Fozard 和其他的一些人说到他们以各种脑力技能来激发他们的大脑,他们这么做,一方面是因为他们乐在其中,另一方面是因为他们确信,广泛多样的大脑活动有助于大脑运作。

全文大意

研究人员已经证实:当人们从事脑力活动时,人脑中会发生生物化学变化,使得大脑中的注意力和记忆力等认知区更有效地运作,而这一切与年纪的大小无关。当人们面对会促使他们联想到感兴趣事物的信息时,他们会反应敏捷,具有很强接受能力。常常用脑积极思考的人在步入老年时比那些不太思考的人在认知能力方面更健全。

许多专家对于激发大脑,开动脑筋的益处深信不疑。他们将理论运用到实际生活中,使其发挥作用。“我们的想法并不是一定要人们去记忆大量的信息”,全国老年学研究所的副所长 James Fozard 说,“大多数人并不需要那种技能。这类专门的训练与能够保持敏捷头脑相比,显得不太有趣。”Fozard 和其他人说到他们以各种脑力技能来激发他们的大脑,他们这么做,一方

面是因为他们乐在其中,另一方面是因为他们确信,广泛多样的大脑活动有助于大脑运作。

Gene Cohen 是同一所研究所的代理所长,他建议老年人应当参加脑力活动和体力活动,而要独自参与和集体参与兼而有之。Cohen 说我们常常得到的忠告是:当我们上了年纪的时候要保持身体的活力,但是年纪大点的人同时也需要保持头脑的活力。这样做的人更有可能保持他们的智力水平,并且通常心情更愉快,能更好地调整好自己。“关键是你要双管齐下”,Cohen 说,“脑力活动的确会对脑细胞的健康和大小有影响。”

试题精析

答案 C B D A B

1. 细节测试题。根据文章第二段首句和末句可知,作者所谓的认知健康的人指的是那些思维敏捷,接受能力强的人。
2. 细节测试题。根据文章第三段末句“... Because they are sure that their range of activities will help the way their brains work.”可知 Fozard 认为只有通过参加各种各样的脑力活动才能使大脑更有效率的工作。
3. 细节测试题。根据文章第三段首句“... that they are putting the theory to work in their own lives”可知他们的发现正为他们所应用,选项 D 中的“practised by the researchers themselves”是对于“putting the theory to work”的同义替换。
4. 细节测试题。根据文章第四段第二句话“... we are frequently advised to keep physically active as we age”可得出答案。注意题干是问的“older people are generally advised to”而不是他们应当怎么正确地做,因而其他选项不正确。
5. 主旨测试题。文章末段的最后一句话点出了文章的结论“the point is, you need to do both”,文章前面大量篇幅论述了为什么这么说。

粤语携君 一篇一条

Life is but a span.

人生苦短

◆原 1996 年 1 月 Passage 1 _

字数 302 实战时间 4 分钟

Passage Two

Space is a dangerous place, not only because of *meteors* (流星) but also because of rays from the sun and other stars. The atmosphere again acts as our protective blanket on earth. Light gets through, and this is essential for plants to make the food which we eat. Heat, too, makes our environment endurable. Various kinds of rays come through the air from outer space, but enormous quantities of radiation from the sun are screened off. As soon as men leave the atmosphere they are exposed to this radiation but their spacesuits or the walls of their spacecraft, if they are inside, do prevent a lot of radiation damage.

Radiation is the greatest known danger to explorers in space. The unit of radiation is called "rem". Scientists have reason to think that a man can put up with far more radiation than 0.1 rem without being damaged. the figure of 60 rems has been agreed on. The trouble is that it is extremely difficult to be sure about radiation damage — a person may feel perfectly well, but the cells of his or her sex organs may be damaged, and this will not be discovered until the birth of *deformed* (畸形) children or even grandchildren. Missions of the Apollo flights have had to cross belts of high radiation and, during the outward and return journeys, the Apollo crew accumulated a large amount of rems. So far, no dangerous amounts of radiation have been reported, but the Apollo missions have been quite short. We simply do not know yet how men are going to get on when they spend weeks and months outside the protection of the atmosphere, working in a space laboratory. Drugs might help to decrease the damage done by radiation, but no really effective ones have been found so far.

1. According to the first paragraph, the atmosphere is essential to man in that _____.
 - A) it protects him against the harmful rays from space
 - B) it provides sufficient light for plant growth
 - C) it supplies the heat necessary for human survival
 - D) it screens off the falling meteors
2. We know from the passage that _____.
 - A) exposure to even tiny amounts of radiation is fatal
 - B) the effect of exposure to radiation is slow in coming
 - C) radiation is avoidable in space exploration
 - D) astronauts in spacesuits needn't worry about radiation damage
3. The harm radiation has done to the Apollo crew members _____.
 - A) is insignificant
 - B) seems overestimated
 - C) is enormous
 - D) remains unknown
4. It can be inferred from the passage that _____.
 - A) the Apollo mission was very successful
 - B) protection from space radiation is no easy job
 - C) astronauts will have deformed children or grandchildren
 - D) radiation is not a threat to well-protected space explorers
5. The best title for this passage would be _____.
 - A) The Atmosphere and Our Environment
 - B) Research on Radiation
 - C) Effects of Space Radiation
 - D) Importance of Protection Against Radiation