

世 知 博 文 英 语 文 库

BREAKTHROUGH

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大学英语

四级阅读 30天突破

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30 DAYS TO
BREAKTHROUGH
CET BAND 4 READING

世界知识出版社

大学英语 30天 四级阅读 突破

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前 言

根据语言习得的规律，语言能力的培养与提高是建立在大量的语言输入基础上的。而对于中国学生来说，由于语言环境的限制，大量的阅读便是他们提高语言水平的一个快而有效的方法。本书的出版正是建立在这样一个理论基础上的。本书以阅读技巧为起点，通过为学生提供30天的阅读强化训练而帮助他们在最短的时间里提高四级阅读水平。

比起同类书来，本书有如下三个特征：

1. 本书接近十年四级考试各类阅读技巧的复现率，即重要性，来编写设计相应天数的练习，使读者有重点地进行针对性练习。

2. 安排相应的全真阅读练习，使读者对阅读技巧有感性的认识和直观的了解。同时安排大量的模拟训练，做到全真与模拟相结合。

3. 除了阅读以外，本书还编排了相应的全真词汇练习。这些词汇都为历年考过的真题，做到通过阅读学词汇，通过词汇练阅读。

本书的结构新颖，编排如下：

本书分30天。前25天为各类阅读技巧的训练。最后5天为综合模拟练习。

在各类阅读技巧的训练中，每天的内容安排如下：

阅读技巧简介：向读者介绍该阅读技巧及相应的表达

方式和练习天数。

全真演练：编排两篇全真阅读文章。文后所选问题针对该阅读技巧。

实战练习：编排两篇模拟阅读文章。文后所选问题针对该阅读技巧。文后有超纲词的注释。超纲词以最新版的《大学英语教学大纲》（修订本）为标准。

挑战全真词汇：编排了在实战练习文章中出现过的历年全真词汇题。

另外在每天的练习后，我们还附上了该天的参考答案及相应的分析，旨在帮助读者更好地理解原文。

在阅读材料的选择上，我们力求广而新。强调知识性、社会性和时代性。书中文章几乎涵盖了文、理、工、商、农、生物等方面的文化背景知识和最新科技发展信息。其中部分材料选自国内最新版的英语阅读材料、英语时文选读。部分材料选自外国报刊、图书和国外最新版的百科全书。

本书阅读技巧齐全，文章难度适中，基本上满足了广大考生进行考前应试准备的要求。

总之，我们的宗旨是让学生能在比较短的时间里有效地提高阅读理解能力，同时又能巩固、提高运用词汇的能力，从而达到事半功倍的效果。

由于成书时间仓促，水平有限，若有疏漏，敬请广大读者和同仁不吝赐教。

编者

2004年1月

目 录

主旨题.....	1
第 1 天	2
第 2 天	9
第 3 天	16
第 4 天	23
第 5 天	30
细节题.....	38
第 6 天	39
第 7 天	46
第 8 天	53
第 9 天	60
第 10 天	69
语意题.....	76
第 11 天	77
第 12 天	84
第 13 天	91
第 14 天	98
推理题	105
第 15 天	106
第 16 天	113

第 17 天	122
第 18 天	129
作者观点态度题	137
第 19 天	138
第 20 天	145
第 21 天	152
是非题	159
第 22 天	160
第 23 天	166
标题题	175
第 24 天	175
文章出处题	183
第 25 天	184
模拟题	192
第 26 天	192
第 27 天	204
第 28 天	214
第 29 天	226
第 30 天	236
附录 2003 年 6 月 CET-4 阅读试题	248

主旨题

主旨题主要测试考生对短文整体理解概括的能力。任何一篇文章都表达了一定的中心思想,为了测试考生对文章整体的理解程度,命题者往往设计一些主旨归纳题来对考生进行考查。要准确地回答这类问题,考生必须通过仔细阅读,了解文章的主旨大意。而要了解文章的主旨大意,就要求考生学会寻找段落或文章的主题句。主旨题的问题一般都出现在第一或最后一个题。同时对不同的题材、体裁,其提问方式及用词也不尽相同,因此要求考生熟悉这些题型,不要为理解题型而花费太多的时间和分散精力。

常见的表述方式:

- What is the main idea of the passage?
- This article is mainly about _____.
- This passage deals mainly with _____.
- What does the passage mainly discuss?
- What is the main topic of the passage?
- With what topic is the passage ^{主要的} primarily concerned?
- The central idea ^{传达} conveyed in the above passage is that _____.
- Which of the following best ^{概括} sums up the passage?
- The main idea of this passage is _____.
- The passage tells us _____.
- Which of the following statements best expresses /summarizes the main idea of the passage?
- Which of the following best states the theme of the passage?
- In this passage the author/writer mainly argues that _____.

- The purpose of the author in writing the article is to _____.
- What does the author intend to convey through the passage?

练习时间:5 天

第 1 天

全真演练

Passage 1 (93.1)

With fifteen years Britain and other nations should be well on with the building of huge industrial complexes for the recycling of waste. The word rubbish could lose its meaning because everything which goes into the *dumps* (垃圾堆) would be made into something useful. Even the most dangerous and unpleasant wastes would provide energy if nothing else.

The latest project is to take a city of around half a million inhabitants and discover exactly what raw materials go into it and what go out. The aim is to find out how much of these raw materials could be provided if a plant for recycling waste were built just outside the city. This plant would recycle not only metal such as steel, lead and copper, but also paper and rubber as well.

Another new project is being set up to discover the best ways of sorting and separating the rubbish. When this project is complete, the rubbish will be processed like this: First, it will pass through sharp metal bars which will tear open the plastic bags in which rubbish is usually packed; then it will pass through a powerful fan to separate the lightest elements from the heavy solids; after that

grounders and rollers will break up everything that can be broken. Finally, the rubbish will pass under *magnets* (磁铁), which will remove the bits of iron and steel; the rubber and plastic will then be sorted out in the final stage.

The first full-scale giant recycling plants are perhaps fifteen years away. Indeed, with the growing cost of transporting rubbish to more distant dumps, some big cities will be forced to build their own recycling plants before long.

1. The passage is mainly about _____.

A) a cheap way to get energy

B) the location of recycling plants

☒ C) new ways of recycling wastes

☐ D) the problem of city environment

Passage 2 (00.1)

Believe it or not, optical illusion (错觉) can cut highway crashes. 造成车祸,

Japan is a case in point. It has reduced automobile crashes on some roads by nearly 75 percent using a simple optical illusion. Bent stripes, called *chevrons* (人字形), painted on the roads make drivers think that they are driving faster than they really are, and thus drivers slow down.

Now the American Automobile Association Foundation for Traffic Safety in Washington D. C. is planning to repeat Japan's success. Starting next year, the foundation will paint chevrons and other patterns of stripes on selected roads around the country to test how well the patterns reduce highway crashes.

Excessive speed plays a major role in as much as one fifth of all fatal traffic accidents, according to the foundation. To help reduce those accidents, the foundation will conduct its tests in areas where

fatal a. 致命的, 毁灭性的

fate n. ①命运, 天数 ②厄运, 毁灭

speed-related hazards are the greatest—curves, exit slopes, traffic circles, and bridges.

Some studies suggest that straight, horizontal bars painted across roads can initially cut the average speed of drivers in half. However, traffic often returns to full speed within months as drivers become used to seeing the painted bars.

Chevrons, scientists say, not only give drivers the impression that they are driving faster than they really are but also make a lane appear to be narrower. The result is a longer lasting reduction in highway speed and the number of traffic accidents.

2. The passage mainly discusses _____.

- A) a new pattern for painting highways
- B) a new type of optical illusion
- C) a new way of highway speed control
- D) a new approach to training drivers

实战练习

Passage 1

Sabeer Bhatia is having a good decade. Less than 10 years after leaving India to study in the United States, (the co-founder and CEO of Internet E-mail service Hotmail) is one of the hottest properties in Silicon Valley. On his recent return to New Delhi for India Internet World'98, the soft-spoken Bhatia had the ear of the nation's information-technology industry. And he had a clear message: India must promote the use of venture capital if it hopes to push its IT industry up the value-added ladder.

Bhatia knows of what he speaks. After studying at the California Institute of Technology and Stanford University, he and Hotmail co-founder Jack Smith bit upon the idea of a free E-mail service on the Internet. They didn't have any money to develop a

product but they knew where to look. They shopped their idea around Silicon Valley venture-capital firms and hit the **jackpot**: Hotmail was entirely funded by venture capital. "Based on the idea, we got \$300,000 in return for a 15% stake in the company," Bhatia recalls. Last December, Microsoft bought Hotmail—and Bhatia pocketed \$75 million.

That's a story that's unheard-of in Bhatia's native India. The easy access to capital and healthy appetite for risk that have fuelled Silicon Valley's growth are nonexistent in his home country, even though India has a vast pool of skilled computer professionals. In Silicon Valley people want to make it on their own; in India they want a secure job at a top company, Bhatia says. Such thinking is a result of the lack of venture capital and of a business climate that doesn't reward new technology. This has left the IT industry to focus on providing labour-intensive solutions to the Year 2000 problem and occasionally developing **customized** software for individual clients.

The concentration on services rather than the development of products has had a price. The Indian industry's total revenue last year was less than 2% of the world IT market.

Notes :**jackpot** *n.* 累积赌注**labour-intensive** *adj.* 人员密集的**customized** *adj.* 定做的

3. Which of the following best sum up the passage?

A) Indians need a change in their attitude towards investment.

B) Indian IT industry is badly in need of capital.

- C) Indians are learning to take full advantage of their venture capital.
D) Indian IT industry requires a reform.

挑战全真词汇

4. Nuclear science should be developed to benefit the people _____ harm them. (93.6.53)
A) more than B) other than
C) rather than D) better than
5. Over a third of the population was estimated to have no _____ to the health service. (98.6.63)
A) access B) assignment
C) exception D) assessment

Passage 2

A seventeenth-century theory of burning proposed that anything that burns must contain material that the theorists called “**phlogiston**”. Burning was explained as the release of phlogiston from the **combustible** material to the air. Air was thought essential, since it had to provide a home for the released phlogiston. There would be a limit to the phlogiston transfer, since a given volume of air could absorb only so much phlogiston. When the air had become **saturated**, no additional amounts of phlogiston could leave the combustible substance, and the burning would stop. Burning would also stop when the combustible substance was emptied of all its phlogiston. Although the phlogiston theory was self-consistent, it was awkward because it required that imaginative, even mysterious, properties be **ascribed** to phlogiston. Phlogiston was **elusive**. No one had ever isolated it and experimentally determined its properties. At times it seemed to show a negative weight: the

residue left after burning weighed more than the material before burning. This was true, for example, when magnesium burned. Sometimes phlogiston seemed to show a positive weight: when, for example, wood burned, the ash weighed less than the starting material. And since so little residue was left when alcohol, kerosene, or high-grade coal burned, these obviously different materials were thought to be pure or nearly pure phlogiston. In the eighteenth century, Antoine Lavoisier, on the basis of careful experimentation, was led to propose a different theory of burning, one that required a *constituent* (要素) of air—later shown to be oxygen—for combustion. Since the weight of oxygen is always added, the weight of the products of combustion, including the involved gases, would always be greater than the weight of the starting material.

Lavoisier's interpretation (说明阐述) was more reasonable and straightforward than that of the phlogiston theorists. The phlogiston theory, always clumsy (笨拙的), became suspect (可疑的), eventually (最终) fell into scientific disrepute, and was replaced by new ideas.

Notes:

phlogiston *n.* (17 世纪人们认为存在于可燃物中的)

燃素

combustible *adj.* 可燃的

saturate *v.* 浸透

ascribe *v.* 归于

elusive *adj.* 难以捉摸的

6. What does the passage mainly discuss?

A) The chemical composition of phlogiston.

320/32

56

13
85

130

850-

4 13 13 13

B) Attempts to explain what happens when materials burn.

C) Limitations of seventeen-century scientific theories.

D) The characteristics of the residue left after fires.

挑战全真词汇

7. Don't _____ this news to the public until we give you the go-ahead. (90.1 58)

A) release

B) relieve

C) relate

D) retain

8. It was essential that all the necessary documents _____ to the president's office being the end of this month. (91.1 57)

A) be handed in

B) must be handed in

C) should

D) had been handed in

参考答案:

1. 答案是 C)。主旨题。根据文章第二段“the latest project”的内容以及第三段第一句的“another new project”可推断答案为 C)。
2. 答案是 C)。主旨题。文章第一句就提出:视觉错觉可以削减车祸。第二段介绍了日本运用人字形条带有效减少了事故的发生,并点明这归功于车速减慢。接下来文章介绍美国也将采用这种方法,并将人字形条带与通常的横竖条带做了比较。因此,C)最符合题意。
3. 答案是 A)。主旨题。文章主要讲了 Bhatia 利用投机资本在美国取得成功,他指出在他自己的国家印度,要推动 IT 产业的增值,就必须推动利用投机资本。
4. 答案是 C)。rather than “而不是”,符合题意。A)意为“比…多”。B)意为“除…之外”。D)意为“比…好”。
5. 答案是 A)。have(no)access to sth. 表示“(没)有得到…的机会和途径”。B)意为“分配、指派”。C)意为“例外”。D)意为“评价,估计”。

6. 答案是 C)。主旨题。文章首先介绍了 17 世纪的燃烧理论,接下来对此进行了批评,并引出 18 世纪的燃烧理论。因此比较 4 个选项,C)最能概括出文章的主要意思。
7. 答案是 A)。release 可作动词,也可作名词,意为“释放,公开发布”,因此符合句意。relieve 意为“减轻,安慰”。relate 意为“使有关系”。retain 意为“保留”。
8. 答案是 A)。考的是 essential 这个词。It is/was 加 essential 结构后的主语从句中常用虚拟语气,因此选 A)。

第 2 天

全真演练

Passage 1 (94.1)

Suppose we built a *robot* (机器人) to explore the planet Mars. We provide the robot with seeing detectors to keep it away from danger. It is powered. entirely by the sun. Should we program the robot to be equally active at all times? No. The robot would be using up energy at a time when it was not receiving any. So we would probably program it to cease its activity at night and to wake up at dawn the next morning.

According to the evolutionary (进化的) theory of sleep, evolution equipped us with a regular pattern of sleeping and waking for the same reason. The theory does not *deny* (否认) that sleep provides some important restorative functions. It merely says that evolution has programmed us to perform those functions at a time when activity would be inefficient and possibly dangerous. However, sleep protects us only from the sort of trouble we might

walk into; it does not protect us from trouble that comes looking for us. So we sleep well when we are in a familiar, safe place, but we sleep lightly, if at all, when we fear that bears will nose into the tent.

The evolutionary theory accounts well for differences in sleep among creatures. Why do cats, for instance, sleep so much, while horses sleep so little? Surely cats do not need five times as much repair and restoration as horses do. But cats can afford to have long periods of inactivity because they spend little time eating and are unlikely to be attacked while they sleep. Horses must spend almost all their waking hours eating, because what they eat is very low in energy value. Moreover, they cannot afford to sleep too long or too deeply, because their survival depends on their ability to run away from attackers.

1. Which of the following is the main idea of the passage?
- A) Evolution has equipped all creatures with a regular pattern of sleeping and waking.
 - B) The study of sleep is an important part of the evolutionary theory.
 - C) Sleeping patterns must be taken into consideration in the designing of robots.
 - D) The sleeping pattern of a living creature is determined by the food it eats.

Passage 2 (96.6)

Exchange a glance with someone, then look away. Do you realize that you have made a statement? Hold the glance for a second longer, and you have made a different statement. Hold it for 3 seconds, and the meaning has changed again. For every social situation, there is a permissible time that you can hold a person's