

解决您的困惑 引爆您的潜能



# 大学英语 4 级考试

实战版

# 阅读

# 高分特训

《长喜英语》图书编委会 编 王长喜 主编

连线  
解析

答案出处，文中底色标出，一目了然  
解题过程，连线直观展示，清晰明确

1. 水平自测  
看看自己水平  
发现自己问题

2. 解题策略  
掌握正确方法  
了解必要技巧

我要高分

3. 阶梯特训  
逐渐由易到难  
时刻保持自信

4. 实战特训  
强化模拟拔高  
一天上一台阶

全文  
翻译

100篇

710分  
新题型

CET-4

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北京教育出版社

大学英语 ④ 级考试

实战版

阅 读


高分特训

主 编：王长喜

副主编：赵丙银

齐 放

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# 大学英语四级考试阅读高分特训

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# 导言

## Introduction

在阅读训练的过程中，您是否有很多困惑？这些困惑，让您的训练无所适从，效率不高、效果不好。

您是否希望有一本书，帮您解决这些困惑？跟着她练，您可以方向清晰明确，立竿见影、快速提升。

您手上这本高分特训，就是您想要的那本。

### 困惑一？

不知道自己真实考试时，会是个什么水平，做题时会有哪些问题。

### 解决一！

这本书里，水平测试篇给出一套典型的阅读真题，让您在规定的时间内、真实的状态下自我测试、自我感觉，结合题后的试题解析、做题评价，清楚知道自己目前的真实水平、做题问题，从而在训练中针对提升，有的放矢。

知什  
么么  
自水  
己平

### 困惑二？

不知道每种题如何应对，缺少方法和步骤，做题结果老是不稳定。

### 解决二！

这本书里，高分策略篇给您讲解、演示每种题型的做题方法、技巧策略，让您面对每一种题型，都有一种清晰、稳健的做题思路，保证您做题节奏、做题结果的稳定，避免无头苍蝇似的做题习惯，场上场下都能游刃有余。

掌解  
握题  
必策  
要略

### 困惑三？

自己目前基础有点薄弱，阅读做题很吃力，不知道如何训练才好。

### 解决三！

这本书里，题材特训篇每个大的话题下分为基础进阶、标准训练、能力提升三个层次让您由易到难、阶梯练习。基础进阶——稍微简单、热身适应，标准训练——同于真题、真实感受，能力提升——提高难度、居高临下。

由阶  
易梯  
到训  
难练

### 困惑四？

文章自己感觉能够读懂，但做题老是做错，不知道这是因为什么。

### 解决四！

这本书里，每一篇练习，我们都将文章和题目左右对照、连线解析，每个题目在文中的出处一目了然，引导您做题时，严格基于原文，清晰有据分析，每一题都要从文中找出准确出处，然后才去选择，保证答案的准确性。

连清  
线晰  
解做  
析题

## 困惑五?

自己做过不少篇阅读了，可似乎没觉提高，还是那么艰涩和含糊。

## 解决五!

这本书里，每一篇阅读文章，我们都给您分析长句、难句，注释部分单词，给出全文翻译，引导您读过一篇，就真正读懂、读透，而不是仅仅满足于做题，这样读下来，词句熟悉、理解清晰，您就能读过一篇，提高一篇。

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# 阅读理解 水平自测

children. However, we spend money on drugs rather than on green places. Yet one study after another indicates that contact with nature gives huge benefits to ADHD. One of the great problems of modern childhood is ADHD, now increasingly treated with drugs. But children are frequently discouraged from involvement with natural spaces for health and safety reasons, for fear that they might get dirty or that they might cause damage. So, naturally, the damage is done to the children themselves, not to their bodies but to their souls.

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One of the great problems of modern childhood is ADHD, now increasingly treated with drugs. Yet one study after another indicates that contact with nature gives huge benefits to ADHD. But children are frequently discouraged from involvement with natural spaces for health and safety reasons, for fear that they might get dirty or that they might cause damage. So, naturally, the damage is done to the children themselves, not to their bodies but to their souls.

Most wellbeing (特强发展) is found in schools where there is a natural playground. At least bullying is in a natural area that the children are encouraged to explore. The natural playground is the most natural of Sunnyside School in Stresham, with its bush tarmac, where the children are encouraged to explore. The natural playground is the most natural of Sunnyside School in Stresham, with its bush tarmac, where the children are encouraged to explore.

Another study found that children play differently in a natural environment. In the playground, children create a hierarchy (等级) based on physical ability, with the strongest ones taking the lead. But when a grassy area was planted with bushes, the children put much more into fantasy play, and the hierarchy was now based on imagination and creativity.

A study in Sweden indicated that kindergarten children who could play in a natural environment had less illness and greater physical ability than children used only to a natural playground. A US study suggested that when a school gave children access to a natural environment, academic levels were raised across the entire school.

The truth is to be found elsewhere. A study in the US: families had moved to better housing and the best for children, that is to say, things that can be bought, rather than things that can be found. due to problems like crime, traffic, the loss of the open spaces and odd new perceptions about what is best for children, that is to say, things that can be bought, rather than things that can be found.

That describes our children are growing up nature-deprived (剥夺). I spent my boyhood climbing trees on Stresham Common, South London. These days, children are robbed of these ancient freedoms, due to problems like crime, traffic, the loss of the open spaces and odd new perceptions about what is best for children, that is to say, things that can be bought, rather than things that can be found.

commutation had more natural views showed an improvement of 19%; those who had the same improvement in material surroundings but no nice view improved just 4%.

children were assessed for ADHD — attention deficit hyperactivity disorder (多动症). Those whose accommodation had more natural views showed an improvement of 19%; those who had the same improvement in material surroundings but no nice view improved just 4%.

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# 阅读理解水平自测

## 自测试题

### Passage 1

文章题材	文章词数	建议时间	错题记录
社会问题	1028 词	14 分钟	

#### A Grassroots Remedy

Most of us spend our lives seeking the natural world. To this end, we walk the dog, play golf, go fishing, sit in the garden, drink outside rather than inside the pub, have a picnic, live in the suburbs, go to the seaside, buy a weekend place in the country. The most popular leisure activity in Britain is going for a walk. And when *joggers* (慢跑者) jog, they don't run the streets. Every one of them instinctively heads to the park or the river. It is my profound belief that not only do we all need nature, but we all seek nature, whether we know we are doing so or not.

But despite this, our children are growing up nature-deprived (丧失). I spent my boyhood climbing trees on Streatham Common, South London. These days, children are robbed of these ancient freedoms, due to problems like crime, traffic, the loss of the open spaces and odd new perceptions about what is best for children, that is to say, things that can be bought, rather than things that can be found.

The truth is to be found elsewhere. A study in the US: families had moved to better housing and the children were assessed for ADHD — *attention deficit hyperactivity disorder* (多动症). Those whose accommodation had more natural views showed an improvement of 19%; those who had the same improvement in material surroundings but no nice view improved just 4%.

A study in Sweden indicated that kindergarten children who could play in a natural environment had less illness and greater physical ability than children used only to a normal playground. A US study suggested that when a school gave children access to a natural environment, academic levels were raised across the entire school.

Another study found that children play differently in a natural environment. In playgrounds, children create a *hierarchy* (等级) based on physical abilities, with the tough ones taking the lead. But when a grassy area was planted with bushes, the children got much more into fantasy play, and the social hierarchy was now based on imagination and creativity.

Most *bullying* (恃强凌弱) is found in schools where there is a *tarmac* (柏油碎石) playground; the least bullying is in a natural area that the children are encouraged to explore. This reminds me unpleasantly of Sunnyhill School in Streatham, with its harsh tarmac, where I used to hang about in corners fantasising about wildlife.

But children are frequently discouraged from involvement with natural spaces, for health and safety reasons, for fear that they might get dirty or that they might cause damage. So, instead, the damage is done to the children themselves: not to their bodies but to their souls.

One of the great problems of modern childhood is ADHD, now increasingly and expensively treated with drugs. Yet one study after another indicates that contact with nature gives huge benefits to ADHD children. However, we spend money on drugs rather than on green places.

The life of old people is measurably better when they have access to nature. The increasing emphasis for the growing population of old people is in quality rather than quantity of years. And study after study finds that a garden is the single most important thing in finding that quality.

In wider and more difficult areas of life, there is evidence to indicate that natural surroundings improve all kinds of things. Even problems with crime and aggressive behaviour are reduced when there is contact with the natural world.

Dr William Bird, researcher from the Royal Society for the Protection of Birds, states in his study, "A natural environment can reduce violent behaviour because its restorative process helps reduce anger and impulsive behaviour." Wild places need encouraging for this reason, no matter how small their contribution.

We tend to look on nature conservation as some kind of favour that human beings are granting to the natural world. The error here is far too deep: not only do humans need nature for themselves, but the very idea that humanity and the natural world are separable things is profoundly damaging.

Human beings are a species of *mammals* (哺乳动物). For seven million years they lived on the planet as part of nature. Our ancestral selves miss the natural world and long for contact with non-human life. Anyone who has patted a dog, stroked a cat, sat under a tree with a pint of beer, given or received a bunch of flowers or chosen to walk through the park on a nice day, understands that.

We need the wild world. It is essential to our well-being, our health, our happiness. Without the wild world we are not more but less civilised. Without other living things around us we are less than human.

### Five ways to find harmony with the natural world

**Walk:** Break the rhythm of permanently being under a roof. Get off a stop earlier, make a circuit of the park at lunchtime, walk the child to and from school, get a dog, feel yourself moving in moving air, look, listen, absorb.

**Sit:** Take a moment, every now and then, to be still in an open space. In the garden, anywhere that's not in the office, anywhere out of the house, away from the routine. Sit under a tree, look at water, feel refreshed, ever so slightly renewed.

**Drink:** The best way to enjoy the natural world is by yourself; the second best way is in company. Take a drink outside with a good person, a good gathering: talk with the sun and the wind with birdsong for background.

**Learn:** Expand your boundaries. Learn five species of bird, five butterflies, five trees, five bird songs. That way, you see and hear more; and your mind responds gratefully to the greater amount of wildness in your life.

**Travel:** The places you always wanted to visit: by the seaside, in the country, in the hills. Take a weekend break, a day-trip, get out there and do it: for the scenery, for the way through the woods, for the birds, for the bees. Go somewhere special and bring specialness home. It lasts forever, after all.

1. What is the author's profound belief?

- [A] People have quite different perceptions of nature.
- [B] People must make more efforts to study nature.
- [C] People instinctively seek nature in different ways.
- [D] People should spend most of their lives in the wild.

2. What does the author say people prefer for their children nowadays?

- [A] Things that are natural.
- [B] Things that are purchased.
- [C] Urban surroundings.
- [D] Personal freedom.

3. What does a study in Sweden show?

- [A] A good playground helps kids develop their physical abilities.  
 [B] More access to nature makes children less likely to fall ill.  
 [C] Natural views can prevent children from developing ADHD.  
 [D] The natural environment can help children learn better.
4. Children who have chances to explore natural areas \_\_\_\_\_.  
 [A] tend to develop a strong love for science [B] are more likely to fantasise about wildlife  
 [C] tend to be physically tougher in adulthood [D] are less likely to be involved in bullying
5. What does the author suggest we do to help children with ADHD?  
 [A] Place them under more personal care. [B] Provide more green spaces for them.  
 [C] Find more effective drugs for them. [D] Engage them in more meaningful activities.
6. In what way do elderly people benefit from their contact with nature?  
 [A] They enjoy a life of better quality. [B] They look on life optimistically.  
 [C] They become good-humoured. [D] They are able to live longer.
7. Dr William Bird suggests in his study that \_\_\_\_\_.  
 [A] access to nature contributes to the reduction of violence  
 [B] it takes a long time to restore nature once damaged  
 [C] humanity and nature are complementary to each other  
 [D] wild places may induce impulsive behaviour in people
8. It is extremely harmful to think that humanity and the natural world can be \_\_\_\_\_.  
 9. The author believes that we would not be so civilised without \_\_\_\_\_.  
 10. The five suggestions the author gives at the end of the passage are meant to encourage people to seek \_\_\_\_\_ with the natural world.

## Passage 2

文章题材	文章词数	建议时间	错题记录
科普环境	241 词	8 分钟	

What determines the kind of person you are? What factors make you more or less bold, intelligent, or able to read a map? All of these are influenced by the interaction of your genes and the environment in which you were 11 M. The study of how genes and environment interact to influence 12 Q activity is known as behavioral genetics. Behavioral genetics has made important 13 E to the biological revolution, providing information about the extent to which biology influences mind, brain and behavior.

Any research that suggests that 14 A to perform certain behaviors are based in biology is controversial. Who wants to be told that there are limitation to what you can 15 B based on something that is beyond your control, such as your genes? It is easy to accept that genes control physical characteristics such as sex, race and eye color. But can genes also determine whether people will get divorced, how 16 A they are, or what career they are likely to choose? A concern of psychological scientists is the 17 A to which all of these characteristics are influenced by nature and nurture (养育), by genetic makeup and the environment. Increasingly, science 18 A that genes lay the groundwork for many human traits. From this perspective, people are born 19 D like undeveloped photographs: The image is already captured, but the way it 20 J appears can vary based on the development process. However, the basic picture is there from the beginning.

- |               |                   |                |                |                   |
|---------------|-------------------|----------------|----------------|-------------------|
| [A] abilities | [B] achieve       | [C] appeal     | [D] complaints | [E] contributions |
| [F] displayed | [G] essentially   | [H] eventually | [I] extent     | [J] indicates     |
| [K] proceeds  | [L] psychological | [M] raised     | [N] smart      | [O] standard      |

Passage 3

文章题材	文章词数	建议时间	错题记录
职场现象	356 词	9 分钟	

It is pretty much a one-way street. While it may be common for university researchers to try their luck in the commercial world, there is very little traffic in the opposite direction. Pay has always been the biggest deterrent, as people with families often feel they cannot afford the drop in salary when moving to a university job. For some industrial scientists, however, the attractions of *academia* (学术界) outweigh any financial considerations.

Helen Lee took a 70% cut in salary when she moved from a senior post in Abbott Laboratories to a medical department at the University of Cambridge. Her main reason for returning to *academia* mid-career was to take advantage of the greater freedom to choose research questions. Some areas of inquiry have few prospects of a commercial return, and Lee's is one of them.

The impact of a salary cut is probably less severe for a scientist in the early stages of a career. Guy Grant, now a research associate at the Unilever Centre for Molecular Informatics at the University of Cambridge, spent two years working for a *pharmaceutical* (制药的) company before returning to university as a post-doctoral researcher. He took a 30% salary cut but felt it worthwhile for the greater intellectual opportunities.

Higher up the ladder, where a pay cut is usually more significant, the demand for scientists with a wealth of experience in industry is forcing universities to make the *transition* (转换) to academia more attractive, according to Lee. Industrial scientists tend to receive training that academics do not, such as how to build a multidisciplinary team, manage budgets and negotiate contracts. They are also well placed to bring something extra to the teaching side of an academic role that will help students get a job when they graduate, says Lee, perhaps experience in manufacturing practice or product development. "Only a small number of undergraduates will continue in an academic career. So someone leaving university who already has the skills needed to work in an industrial lab has far more potential in the job market than someone who has spent all their time on a narrow research project."

21. By "a one-way street" (Line 1, Para 1), the author means \_\_\_\_\_.  
 [A] university researchers know little about the commercial world  
 [B] few industrial scientists would quit to work in a university  
 [C] few university professors are willing to do industrial research  
 [D] there is little exchange between industry and academia
22. The word "deterrent" (Line 3, Para. 1) most probably refers to something that \_\_\_\_\_.  
 [A] brings someone a financial burden  
 [B] helps to move the traffic  
 [C] keeps someone from taking action  
 [D] attracts people's attention
23. What was Helen Lee's major consideration when she changed her job in the middle of her career?  
 [A] Her research interests.  
 [B] Flexible work hours.  
 [C] Prospects of academic accomplishments.  
 [D] Her preference for the lifestyle on campus.
24. Guy Grant chose to work as a researcher at Cambridge in order to \_\_\_\_\_.  
 [A] do financially more rewarding work  
 [B] raise his status in the academic world  
 [C] exploit better intellectual opportunities  
 [D] enrich his experience in medical research
25. What contribution can industrial scientists make when they come to teach in a university?  
 [A] Increase its graduates' competitiveness in the job market.  
 [B] Help it to obtain financial support from industry.  
 [C] Gear its research towards practical applications.  
 [D] Develop its students' potential in research.



## Passage 4

文章题材	文章词数	建议时间	错题记录
生活百态	355 词	9 分钟	

Being sociable looks like a good way to add years to your life. Relationships with family, friends, neighbours, even pets, will all do the trick, but the biggest *longevity* (长寿) boost seems to come from marriage or an equivalent relationship. The effect was first noted in 1858 by William Farr, who wrote that widows and *widowers* (鳏夫) were at a much higher risk of dying than their married peers. Studies since then suggest that marriage could add as much as seven years to a man's life and two to a woman's. The effect holds for all causes of death, whether illness, accident or self-harm.

Even if the odds are stacked against you, marriage can more than compensate. Linda Waite of the University of Chicago has found that a married older man with heart disease can expect to live nearly four years longer than an unmarried man with a healthy heart. Likewise, a married man who smokes more than a pack a day is likely to live as long as a divorced man who doesn't smoke. There's a flip side, however, as partners are more likely to become ill or die in the couple of years following their spouse's death, and caring for a spouse with mental disorder can leave you with some of the same severe problems. Even so, the odds favour marriage. In a 30-year study of more than 10,000 people, Nicholas Christakis of Harvard Medical School describes how all kinds of social networks have similar effects.

So how does it work? The effects are complex, affected by socio-economic factors, health, service provision, emotional support and other more *physiological* (生理的) mechanisms. For example, social contact can boost development of the brain and immune system, leading to better health and less chance of depression later in life. People in supportive relationships may handle stress better. Then there are the psychological benefits of a supportive partner.

A life partner, children and good friends are all recommended if you aim to live to 100. The ultimate social network is still being mapped out, but as Christakis says: "People are interconnected, so their health is interconnected."

26. William Farr's study and other studies show that \_\_\_\_\_.  
 [A] social life provides an effective cure for illness  
 [B] marriage contributes a great deal to longevity  
 [C] women benefit more than men from marriage  
 [D] being sociable helps improve one's quality of life
27. Linda Waite's studies support the idea that \_\_\_\_\_.  
 [A] the married are happier than the unmarried [B] older men should quit smoking to stay healthy  
 [C] marriage can help make up for ill health [D] unmarried people are likely to suffer in later life
28. It can be inferred from the context that the "flip side" (Line 4, Para. 2) refers to \_\_\_\_\_.  
 [A] the consequence of a broken marriage  
 [B] the emotional problems arising from marriage  
 [C] the responsibility of taking care of one's family  
 [D] the disadvantages of being married
29. What does the author say about social networks?  
 [A] They help develop people's community spirit.  
 [B] They provide timely support for those in need.  
 [C] They help relieve people of their life's burdens.  
 [D] They have effects similar to those of a marriage.
30. What can be inferred from the last paragraph?  
 [A] To stay healthy, one should have a proper social network.  
 [B] Getting a divorce means risking a reduced life span.  
 [C] We should share our social networks with each other.  
 [D] It's important that we develop a social network when young.



# 试题讲评

## Passage 1

### 【内容概要】

本文主要说明接触大自然的好处,指出人应该多接触自然。文章首先指出人类一直在本能地寻觅大自然,接着指出现在一些孩子被剥夺与自然接触的机会的现象,然后说明与大自然接触对孩子、老人及社会各方面的好处。最后小标题部分给出 5 种与自然和谐相处的方法:散步、坐、喝、学习、旅行。

### 【全译详解】

#### 大自然疗法

我们当中的大多数人都在生活中寻求与大自然亲近。为此,我们遛狗,打高尔夫,钓鱼,去花园静坐,在户外而不是酒吧里喝酒,去野餐,住郊区,逛海边,花钱去乡村度周末。英国最受欢迎的休闲活动是去散步。当人们慢跑时,他们不会选择街道。每个人都会本能地前往公园或小河边。[1]我深信,我们所有人不仅都需要大自然,我们每个人也在寻觅着大自然,无论我们是否知道自己正在做这些事情。

但是尽管如此,我们的孩子们在成长的过程中却被剥夺了接触自然的机会。我的童年是在伦敦南部的 Streatham Common 度过的,那时候我经常爬树。[2]现如今,孩子们被剥夺了这一古老的自由,这都归因于像犯罪和交通这些问题,还有户外场所的消失,以及一些关于什么东西对孩子最好的奇怪的新观念,也就是说,对孩子最好的是能买到的东西,而不是能被孩子去发现的东西。

这一事实在其他地方也找得到。在美国开展的一项调查:一些家庭搬进条件更好的住房,对孩子们患多动症(ADHD)的概率进行评估。(调查发现)自然视野更多的住房里的孩子多动症改善了 19%,而那些在物质条件上得到同等改善但自然视野不够的住房里的孩子多动症仅改善了 4%。

[3]瑞典的一项研究显示,在自然环境中玩耍的幼儿园小朋友比在普通的运动场玩耍的小朋友少患病,体能也更强。美国的一项研究表明,当学校提供给孩子一个自然环境时,整个学校的学术水平也会上一个新台阶。

另一项研究发现,孩子们在自然环境中表现也不一样。在运动场上,孩子们会根据体能建立等级,身体结实的孩子居领导地位。但是,如果在一片种植着灌木的绿草坪上,孩子们会对有想象力的玩乐更感兴趣,那时的社会等级根据想象力和创造力来定。

大多数恃强凌弱的现象发生在有柏油碎石运动场的学校。[4]恃强凌弱这种现象在孩

1. 【线索】What is the author's *profound belief*?

【定位】第一段

【解析】选[C]。该段最后一句中的 that 引导的同位语从句说明 my profound belief (我坚定的信念)是:我们不仅需要大自然,而且都在寻觅大自然,无论我们是否知道自己正在做这些事情。[C]中的 People instinctively seek nature 是对 we all seek nature...not 的同义转述。

2. 【线索】What does the author say people prefer for their children nowadays?

【定位】第二段

【解析】选[B]。该段第三句提到现在的儿童被剥夺了接触自然的自由,并说明几个原因(due to 指“因为”),其中一个原因是 odd new perceptions about what is best for children(一些关于什么对孩子最好的奇怪的新观念),that is to say(也就是说)后面对 what 做了解释:能买到的东西,将其替换 what 便可知,这些奇怪的新观念是:能买到的东西对孩子最好,也就是说,人们更愿意给孩子能买到的东西,故答案为[B],其中的 purchased 与 bought 同义。

3. 【线索】What does a study in Sweden show?

【定位】第四段

【解析】选[B]。题干中的 show 对应该段首句中的 indicated,[B]是对 kindergarten children who could play in a natural environment had less illness...than...(在自然环境中玩耍的幼儿园小朋友比在普通的操场玩耍的小朋友少患病)的同义转述。文中说是在自然环境中玩耍的孩子体能更好(had...greater physical ability),[A]中虽然也提到了 helps kids develop their physical abilities,但说的是好操场能发展体能,与原文矛盾。

4. 【线索】Children who have chances to explore natural areas \_\_\_\_\_

【定位】第六段

孩子们受到鼓励去探索的自然区域中最少发生。这让我想起了在 Streamham 的 Sunnyhill 学校, 那里有粗糙的柏油碎石操场, 我过去常常在角落无所事事, 幻想着外边的野生动植物。

但是, 由于健康和安全的原因, 也由于人们担心孩子会弄脏或者造成破坏, 孩子们经常被阻止与自然环境接触。结果, 这对孩子自身造成伤害: 不是伤身, 而是伤着心灵。

多动症是困扰现代童龄孩子的主要难题之一, 越来越多的多动症要用越来越贵的药物来治疗。[5] 然而一个又一个研究表明, 与自然接触给患有多动症的孩子带来极大好处。但是, 我们却把钱花在了药物上, 而非绿色环境上。

当老年人有接触大自然的机会, 他们的生活会有重大改善。[6] 对于日益增多的老年人, 人们越来越强调关注他们的生活质量, 而不是生活年限。一个又一个的研究发现, 花园是提高老年人生活质量的唯一一个最重要的东西。

在更广泛和问题更多的生活领域里, 有证据证明, 自然环境能改善各类事物。在与自然界接触时, 甚至是犯罪和攻击性行为这些问题也减少了。

[7] 英国皇家鸟类保护协会的研究员 William Bird 博士在他的研究中陈述道: “自然环境可以减少暴力行为, 因为其能恢复人健康和体力的过程有助于减少愤怒和冲动行为。”为此, 不管作用多小, 都应该多鼓励去野外走走。

我们倾向于将自然保护看作是是人类赏给大自然的某种恩赐。[8] 这里犯了个深层次的错误: 人类不仅自己需要大自然, 而且认为人类与自然界可分割的这一看法也是非常有害的。

人类是一种哺乳动物。700 万年来, 他们作为大自然的一部分生活在这个地球上。我们的祖先怀念大自然, 渴望与身边的其他生命接触。任何一个逗过狗, 抚摸过小猫, 坐在树下喝过啤酒, 送过人花或接受过花, 以及在天气好的时候选择去公园散步的人都很清楚这一点。

我们需要大自然。它对我们的快乐、健康和幸福至关重要。[9] 没有大自然, 我们会变得没那么文明而不是变得更文明。没有其他生物围绕在我们周围, 我们也不能被称为人类。

[10] 五种与大自然和谐相处的方法

【解析】选[D]。该段首句提到, 恃强凌弱这种现象在孩子们被鼓励去探索的自然环境中最少发生。也就是说, 那些有机会去探索自然环境的孩子恃强凌弱的可能性更小, 故答案为[D]。

5. 【线索】What does the author suggest we do to help **children with ADHD**?

【定位】第八段

【解析】选[B]。该段第二句提到, 然而, 一个又一个研究表明, 与自然接触对多动症孩子有极大好处, 由此推断, 作者建议给患有多动症的孩子提供更多自然环境即绿色空间, 故答案为[B], 其中的 green spaces 与文中的 nature 是一个意思。

6. 【线索】In what way do **elderly people** benefit from their contact with nature?

【定位】第九段

【解析】选[A]。该段第二句提到, 对于日益增多的老年人, 人们越来越强调的是他们的生活质量 (quality), 而不是生活年限 (quantity of years)。下句接着提到, 而且众多研究发现, 花园是能找到那种质量 (that quality, 指代上句所说的生活质量) 的一个最重要的东西。由此可知, 有花园 (即能接触自然) 的老人的生活质量更高, 故答案为[A]。

7. 【线索】Dr William Bird suggests in his study that \_\_\_\_\_.

【定位】第十一段

【解析】选[A]。题干中的 suggests 对应该段首句的 states, [A] “接触自然有助于减少暴力”是对 A natural environment can reduce violent behaviour (自然环境能减少暴力行为) 的同义转述, 故为答案。

8. 【线索】It is extremely harmful to think that **humanity and the natural world** can be \_\_\_\_\_.

【定位】第十二段

【解析】separated。空前的 can be 表明, 本空应填一个形容词 (短语)。该段末句 but 后提到, 认为人类与自然界可分离的这种看法是非常有害的。题目中的 It is extremely harmful to think that 是对原文的 the very idea that ... is profoundly damaging 的转化, humanity and the natural world 是对原文的信息再现, 将文中的 separable (可分离的) 同义转述为 can be separated 即可得出答案为 separated。

连下页

散步:打破长久待在屋檐下的节律。提前一站下车,吃午餐时绕公园溜一圈,走路接送孩子上学,养条狗,在流动的空气中放松自己,去看,去听,去吸收。

坐:隔段时间就去露天场所静坐一会。在花园里,办公室之外的其他任何地方,房子外面的任何地方,远离自己的日常工作。坐在树下,看着水面,会感觉清新自然,很快也恢复了精神。

喝:享受大自然最好的方式是一个人欣赏,其次是找个人陪同。和好朋友在外面喝一杯,好好聚一次:谈天论地,以鸟叫声为背景音乐。

学习:扩大你的知识面。了解五种鸟、五种蝴蝶、五种树木、五类鸟叫声。通过这种方式,你看得和听得更多:而你的大脑也会愉快地对生活中更多的绿地作出反应。

旅行:去你以前一直想去的地方:海边、乡下、山里。抽出一个周末,来个一日游,到达那里:看风景,逛林间小道,看鸟类,看蜜蜂。去一个特殊的地方,带特别的東西回来。毕竟,它会持续到永远。

连上页

9. 【线索】The author believes that we would not be so civilised without .

【定位】第十四段

【解析】the wild world. 空前的 without 表明,本空应填一名词(短语)。题目将该段第三句顺序进行了调整,但基本意思不变,其中 we would not be so civilised 是对 we are not more but less civilised (我们不会更加而是没那么文明开化)的同义转述,without 是原文 Without 的信息再现,显然,答案为 Without 后的 the wild world.

10. 【线索】The five suggestions the author gives at the end of the passage are meant to encourage people to seek with the natural world.

【定位】小标题处

【解析】harmony. 空前的 seek 和空后的 with 表明,本空应填一名词(短语)。由该小标题的意思“五种与自然和谐相处的方法”便不难知道,作者给出了五种方法,鼓励人们与自然和谐相处。题目的 seek 与标题中的 find 同义,find 后的 harmony 即为答案。

## Passage 2

### 【词性分析】

名 词	abilities 能力;才智 appeal 呼吁;吸引力 complaints 抱怨;投诉 contributions 贡献;捐赠物 extent 程度;长度 standard 标准;规格
动 词	achieve 完成;获得 appeal 呼吁;有吸引力 displayed 展示;显示 indicates 指示;表明 proceeds 继续进行;着手 raised 抚养;提出
形容词	displayed 显示的 psychological 心理(学)的 raised 凸起的;发酵的 smart 聪明的;敏捷的 standard 标准的;普通的
副 词	essentially 本质上 eventually 最后

### 【全译详解】

是什么决定了你是什么样的人?是什么因素可以使你变得更加或者更不勇敢、聪明,又是什么能让你读懂地图?所有这些都要受到你自身基因和[11]成长环境相互作用的影响。关于基因和环境如何相互作用影响[12]心理活动的研究被称为行为基因学。它提供了生物学多大程度

11. 【解析】选[M]。此处应填动词的过去分词。第二段提到的 all...are influenced by nature and nurture (养育)提示本题选[M] raised“抚养”,genes 对应 nature,raised 对应 nurture。

12. 【解析】选[L]。此处应填形容词。且该词能与 activity 搭配使用,备选项中只有[L] psychological“心理的”符合要求,故答案为[L]psychological。第二段出现的 psychological 为本空所填词的原词复现。

13. 【解析】选[E]。此处应填名词。且该词能与空前的 made 和空后的 to 搭配使用。由下面提到的“提供了生物学在多大程度上影响思维、大脑和行为的信息”可知,行为遗传学对生物革命有帮助,即做出了贡献,故答案为[E] contributions。

连下页

上影响思维、大脑和行为的  
信息,从而为生物革命做出  
了重要的[13]贡献。

任何认为表现出特定  
行为的[14]能力以生物学  
为基础这一观点的研究都  
备受争议。谁愿意被告诉  
这样一个事实呢:由于某些  
自己无法掌控的事情,比如  
说基因,自己[15]取得的  
成就将是有限的?基因控  
制着体貌特征,比如说性  
别、种族和眼睛的颜色,这  
是很容易接受的事实。但  
是基因能够决定人们是否  
离婚,他们有多[16]聪明,  
或者说他们将可能选择什  
么职业吗?心理科学家所  
关切的一个问题是,这些特  
征在多大[17]程度上受到  
天资和后天教育,受基因排  
列和成长环境的影响。越  
来越多的科学研究[18]表  
明,基因奠定了许多人类特  
征的基础。从这个角度上  
看,[19]本质上人们生来  
就像是未经冲洗过的底片:  
图像已经摄取了,但是它  
[20]最终呈现的方式却基  
于冲印过程而充满变数。  
然而,起初的底片已无法更  
改。

连上页

14. 【解析】选[A]。此处应填名词。根据空后的助动词 are 可知,本空应填复数名词,且该词能与空后的 to 搭配使用,[A] abilities 和 [D] complaints 入选。由后置定语 to perform certain behaviors 和 are based in biology 可知,这里说的是人的能力,而不是抱怨,故答案为[A] abilities“能力”。

15. 【解析】选[B]。此处应填动词。由空前的 can 可确定应填原形动词,[B] achieve 和 [C] appeal 入选。本句是对上句的解释说明,即认为人的能力取决于遗传的观点有争议,[B] achieve 用在此处表示能够完成的事情,符合语境,且与上文的 abilities 对应,故答案为[B] achieve“完成”。[C] appeal“呼吁;有吸引力”不符合此处语义。

16. 【解析】选[N]。此处应填形容词。空前的 how 和空后的 are 及主语 they 表明,本空应填表示人特点的形容词,选项中只有 [N] smart“聪明的”符合语境,故答案为[N] smart。

17. 【解析】选[I]。此处应填名词。且该词能与 to 搭配使用。由下面提到的“基因奠定了许多人类性格的基础”可知,这里说的是性格受到天资和后天教育等影响的程度,故答案为[I] extent。首段末提到的...the extent to which...对本题有提示作用。

18. 【解析】选[J]。此处应填动词。根据本文使用一般现在时以及主语 science 可知,本空应填第三人称单数形式的动词,且该词后面能接 that 引导的宾语从句,选项中只有[J] indicates“表明”符合条件,故答案为[J] indicates。

19. 【解析】选[G]。此处应填副词。从[G] essentially 和 [H] eventually 中选择。冒号后提到“照片……呈现的方式基于冲印过程,但起初的底片已无法更改”,而前句提到基因奠定了许多人类特征的基础,由此可知,人和照片在本质上是—样的,即许多特征从一开始就无法改变,故答案为[G] essentially“本质上”。

20. 【解析】选[H]。此处应填副词。从[G] essentially 和 [H] eventually 中选择。[H] eventually 与下句 However(表转折)中的 from the beginning(从一开始)在意义上相反,符合条件,故答案为[H] eventually。

## Passage 3

### 【难句突破】

**They are also well placed to bring something extra to the teaching side of an academic role that will help students get a job when they graduate, says Lee, perhaps experience in manufacturing practice or product development.**

【分析】多重复合句。在宾语部分中,that 引导定语从句,修饰 something extra(额外的东西),该定语从句中还包含一个 when 引导的时间状语从句。says Lee 为插入语,其后面的内容为 something extra 的同位语。

### 【全译详解】

[21] 这很大程度上就是一条单行道。尽管大学研究人员去工商业界碰运气很普遍,但是反

21. 【解析】选[B]。首段第二句对第一句作了解释:尽管大学研究人员去工商业界碰运气很普遍,但是反方向这么做的人却很少。由此可知,“单行道”比喻的是工业科