

根据国家考试中心大学英语四六级考试改革最新精神编写

全国百所大学四六级辅导班联合推荐

新视角英语
New view

大学英语 • 清华大学 古秀玲 主编

四级考试阅读

一本通

160篇

- 名校名师主编 10年大学英语考试辅导经验的结晶
- 独创 距阵结构布局 全新材料 全真模拟
- 独创 按难度系数由易到难组织材料 使复习渐入佳境
- 独创 按考点分类 设题思路清晰把握 破解玄关易如反掌
- 独创 按题材分类 5大背景题材 烂熟于心 通关无阻

吉林大学出版社
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CET4

新视角大学英语系列辅导丛书

大学英语

四级考试阅读

南大

本

通

160篇

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新视角英语图书总序

新视角的核心理念

新视角英语的核心理念是向考生提供大学英语学习与考试的全面解决方案。新视角英语教学与考试研究专家组的专家均来自北京著名高校,教学及临考指导经验丰富。他们通过对历年真题的研究发现,完全可以把平时学习与应试结合起来,使学生平时学得容易,考试过关轻松。

为什么说是全面解决方案

全面解决方案的含义如下:

1 标本兼治:新视角系列英语图书,不仅仅为了应试,还为大学生介绍了平时英语学习的途径。只有平时学得轻松,四级应考才能从容自如。如果平时不学,临时抱佛脚,成功率是很低的。

最近几年的四级考试全国通过率一直在 40% 左右,作文平均分为 8 分,这说明众多考生临时突击的效果不佳,也说明目前市场上多如牛毛参差不齐的大学英语四级辅导书所起的作用是有限的。

2 考试高手:新视角英语的特点是给考生提供全面的、全新、多角度的讲解与训练。

<新视角词汇一本通>中把实考四级词全部统计分析,为考生总结了最常考词汇,次常考词汇,使考生能抓住重点。

<新视角四六级阅读一本通>系列中,按题材分类,使考生能尽快熟悉同一题材的词汇;按难度分类,使考生能循序渐进,逐步提高阅读能力;新增正确选项与干扰项分析与讲解,使考生既知其然也知其所以然。

<新视角英语写作>除了系统讲解与练习外,特增加了 15 词最小模板写作,使考生在最短时间内拿到高分。该书充分考虑考生的阅读习惯,写作简练,每一个段落都有小标题;每一个段落内容不超过 150 字,使考生写作愉快轻松。

3 省时省力:新视角英语各系列图书的定价是同类书中最低的,保证所有考生能负担得起,并且剔除历来考过的复习内容,复习起来省时省力。最优质的图书质量,最低的定价是新视角英语的一贯原则。

四级阅读前言

阅读最重要

阅读在四级考试中除了本身占总分的 40% 外,还对其它题型能否拿高分有重要影响。如:词汇题不仅要求认识四个选项的意思,还要能准确读懂题干;完型填空题的考点之一是考察文章的理解。因此,阅读水平实际上在四级考试中所占的分值近 60%。经验丰富的教师一致认为:阅读过关了,过级问题就不大了。

本书特色:4 大阅读问题全面解决方案

考生阅读的问题主要有 3 方面:

1) 看懂了做不对题,2) 题材陌生,3) 单词多、句子难。

针对考生阅读的问题,本书通过下面的科学合理编排,逐步帮助考生解决阅读问题。

特色 1: 考点分类阅读

每篇阅读的 5 个考题的类型可分成几类,考点分类阅读就是按这种分类法,把集中了某一个考点的文章进行强化训练,可使考生在最短的时间内做最大量的练习,而这一原则就是大多数考生成功的秘密。

阅读题分成 5 大类:主旨大意题,事实细节题,观点态度题,推理判断题,语义理解题。通过对不同题型的大量集中练习,考生必然强化了对某一类题型的感觉和判断,能最快地掌握此类题型的特点、命题规律从而迅速找到解题方法。

特色 2: 考点逐项分析 (全国首创)

一道题有 3 个部分组成:题干、答案、干扰项。同类书大多只注重答案的分析,忽视了干扰项的分析。考生都有这样的经历:在看懂文章后,不易分清四个选项中两个选项的区别,往往举棋不定。针对考生的这种困惑,本书在考点分类阅读部分,对题干和干扰项进行了详细剖析。

命题思路分析:此部分回答这样一个问题:做题的实质是什么?就是分析出题人所设置的四个选项的思路,即命题反向推导。试想,如果我们知道命题人是如何

设置答案项和干扰项的,那么解题还有什么问题吗?

干扰项的规律极强。通过对历年真题的分析,发现命题思路只有以下几种:

- 1) 编造合理项:看起来符合一般人的常识或推理。
- 2) 张冠李戴:把 A 的观点说成是 B 的观点。
- 3) 移花接木:用描述 A 事物的词去说 B 事。
- 4) 偷梁换柱:用文章没提到的事实去替换原文的事实。

答案项 3 大规律分析。

● 位置规律:掌握了这个规律,就能准确地在文章中找到答案的位置。文章中下面位置是答案的出处。1) 文章中的长句难句,2) 最高级及绝对性词,3) 引语,4) 因果关系,5) 主题句。这些考点的共同之处是一个字:难。

● 用词规律:答案作为一个选项,在用词上注重 1) 简单,2) 常常是四级词组或关键词。

● 语义规律:1) 总结性,是对原文的概括。2) 可替换性,意思和原文相同或相近。

特色 3: 文章难度分级: WORD 标准 (全国首创)

区分难度的标准

用 2 个数据标注文章难度:长度、难度。

长度:文章的字数越多,内容就越复杂,所以长文章一般比短文章难。

难度:这是最重要的指标。我们用 MICROSOFT WORD 中的可读性信息工具(从工具 - 拼写和语法中可找到),对所有文章进行分析。将文章分成不同级别水平。一般来说,难度系数在 10 以下的,属于较容易的文章;难度系数在 10 - 11 的,属于中等难度的文章;难度系数在 11 以上的,属于较难度的文章。

难度系数说明:(详细说明请参阅 WORD 帮助) 共分为 12 级,1 级最容易,12 级最难。12 级相对应美国 1 - 12 年级学生的水平。如 9 级文章,意思是美国 9 年级学生能够看懂的文章水平。影响难度系数的主要因素有:平均每一句子中的单词数,每一段落中的句子数,单词的平均长度,被动语态的数量等等。大学英语考试出题专家常用此难度系数来作为选择文章的依据。

难度分类阅读的好处

通过难度分类阅读,使考生可以知道自己阅读文章的水平,当做容易文章时,不会太高兴,因为其它人可能也会读懂做对;反之,当做难度大的文章时,也不会因看不懂错得太多而失去信心,因为对其它人来说,错的可能更多。

这种阅读方法另一个显而易见的好处是,考生可以根据自己的水平,选择从何种难度的文章入手。可以从易到难,也可中路穿插,也可直取黄龙。

特色 4: 题材分类训练

四级文章的题材大体上有 4 大类:人文与社科(占四级考试的 60% 以上),经济

与市场,健康与医学,科技与新知。

考生集中阅读某一类的文章的好处有:1)因为同一题材的文章中,这类题材的词汇反复出现,使考生能尽快熟悉同一题材的词汇,快速记忆。2)扩大同一题材的相关背景知识。在短期内,可多角度、更深入地对相关领域进行通读,有助于在实考中提高阅读速度。

总之,本书编排科学严谨,分析细致入微,突出分类分级,强化考点分析,是学生考试必备用书,也是教师教学参考常备书目之一。

编者

2005年1月于清华园



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第1部分 题材分类阅读 70 篇

第一章 人文社科 20 篇

第一节 易答题

P 260 words 难度 C(8.5) **Passage one**

The way people hold to the belief that a fun-filled, pain free life equals happiness actually reduces their chances of ever attaining real happiness. If fun and pleasure are equal to happiness then pain must be equal to unhappiness. But in fact, the opposite is true; more often than not things that lead to happiness involve some pain.

As a result, many people avoid the very attempts that are the source of true happiness. They fear the pain inevitably brought by such things as marriage, raising children, professional achievement, religious commitment (承担的义务), self-improvement.

Ask a bachelor (单身汉) why he resists marriage even though he finds dating to be less and less satisfying. If he is honest he will tell you that he is afraid of making a commitment. For commitment is in fact quite painful. The single life is filled with fun, adventure, excitement. Marriage has such moments, but they are not its most distinguishing features.

Couples with infant children are lucky to get a whole night's sleep or a three-day vacation. I don't know

【文章译文】.....

人们认为充满乐趣,没有痛苦的生活就是幸福,这种想法实际上减少了他们获得幸福的机会。如果乐趣和快乐等同于幸福,那么痛苦就等于不幸。但事实情况恰恰相反,常常是再通往幸福的路上伴随着痛苦。

因此,许多人避免了追求幸福的尝试,而这些尝试是幸福的真正来源。他们害怕如结婚养育子女、职业成就、宗教义务和自我提高这类事情带来的不可避免的痛苦。

问问单身汉拒绝结婚的原因,尽管约会是他觉得越来越不尽人意。如果他很诚实,他会说他害怕做出承诺。单身生活充满了乐趣、冒险和激动人心的事。婚姻也会有这样的时刻,但这却不是它的显著特征。

有婴儿的夫妇如果能睡一整晚的觉或休三天假就很幸

any parent who would choose the word fun to describe raising children. But couples who decide not to have children never know the joys of watching a child grow up or of playing with a grandchild.

Understanding and accepting that true happiness has nothing to do with fun is one of the most liberating realizations. It liberates time; now we can devote more hours to activities that can genuinely increase our happiness. It liberates money; buying that new car or those fancy clothes that will do nothing to increase our happiness now seems pointless. And it liberates us from envy; we now understand that all those who are always having so much fun actually may not be happy at all. (CET4-98-6 Passage 3)

运了。我不知道是否有父母选择乐趣这个词来形容抚育孩子。但决定不要孩子的夫妇却永远都不会体验到看着孩子长大或与孙儿玩耍的快乐。

理解并接受幸福与乐趣无关的观点是最具有解放性认识的观点之一。这解放了时间：现在我们能投入更多的时间做能真正增加我们幸福感的事情。买新车和时髦衣服丝毫不会增加我们的幸福感，现在看来这是毫无意义的。这种认识使我们从嫉妒中解放出来：如今，我们明白那些看起来很有乐趣的根本就不是幸福。

1. According to the author, a bachelor resists marriage chiefly because _____.
☒ A) he is reluctant to take on family responsibilities ✓
B) he believes that life will be more cheerful if he remains single
C) he finds more fun in dating than in marriage
D) he fears it will put an end to all his fun adventure and excitement
2. Raising children, in the author's opinion, is _____.
A) a moral duty ✗ B) a thankless job ✗
☒ C) a rewarding task ✗ D) a source of inevitable pain
3. From the last paragraph, we learn that envy sometimes stems from _____.
A) hatred
☒ B) misunderstanding ✓
C) prejudice D) ignorance
4. To understand what true happiness is one must _____.
A) have as much fun as possible during one's lifetime
B) make every effort to liberate oneself from pain
C) put up with pain under all circumstances
☒ D) be able to distinguish happiness from fun ✓
5. What is the author trying to tell us?
☒ A) Happiness often goes hand in hand with pain. ✓
B) One must know how to attain happiness. ✗
C) It is important to make commitments.
D) It is pain that leads to happiness. ✗

【答案详析】.....

1. 答案 A ● 考点:事实细节题

详析 根据原文第三段第二句“If he is honest he will tell you that he is afraid of making a commitment.”可知单身汉拒绝结婚的原因是害怕做出承诺。因此选项 A 符合此意。

2. 答案 C ● 考点:推理判断题

详析 根据原文第四段最后一句“But couples who decide not to have children never know the joys of watching a child grow up or of playing with a grandchild.”可以推测出作者的观点认为抚育子女是一种能够获得回报的工作。

3. 答案 B ● 考点:事实细节题

详析 根据原文最后一段末句“And it liberates us from envy; we now understand that all those who are always having so much fun actually may not be happy at all.”得出使我们免于嫉妒的原因是由于我们明白理解了真正的幸福是什么,反向思考,就得出我们嫉妒是出于对幸福的误解。

4. 答案 D ● 考点:推理判断题

详析 根据原文第一段和全文最末一句得知作者认为真正的幸福不总是与快乐相伴,有时还伴随着痛苦,与乐趣是有区别的。因此正确选项为 D。

5. 答案 A ● 考点:主旨大意题

详析 原文第一段末句就点明了作者的意图“But in fact, the opposite is true; more often than not things that lead to happiness involve some pain.”因此选项 A 为正确答案。

P 233 words 难度 C(8.5) ... Passage two

Icebergs are among nature's most spectacular creations, and yet most people have never seen one. A vague air of mystery envelops them. They come into being—somewhere—in far-away, frigid waters, amid thunderous noise and splashing turbulence, which in most cases no one hears or sees. They exist only a short time and then slowly waste away just as unnoticed.

Objects of sheerest beauty, they have been called. Appearing in an endless variety of shapes,

【生词浏览】.....

- 冰山
iceberg: n. 冰山;冷冰冰的人
spectacular: adj. 引人入胜的;壮观的
vague: adj. 含糊的;不清楚的;茫然的
frigid: adj. 寒冷的;冷淡的
dazzling: adj. 眼花缭乱的;耀眼的
bulk: n. 大小;体积;大批;大多数;
散装
churn: v. 搅拌;搅动

they may be dazzlingly white, or they may be glassy blue, green or purple, tinted faintly or in darker hues. They are graceful, stately, inspiring in calm, sunlit seas.

But they are also called frightening and dangerous, and that they are in the night, in the fog, and in storms. Even in clear weather one is wise to stay a safe distance away from them. Most of their bulk is hidden below the water, so their underwater parts may extend out far beyond the visible top. Also, they may roll over unexpectedly, churning the waters around them.

Icebergs are parts of glaciers that break off drift into the water, float about a while, and finally melt. Icebergs afloat today are made of snowflakes that have fallen over hundreds, or many thousands, or in some cases maybe a million years ago. The snows only a little or not at all, and so collected to great depths over the years and centuries.

glacier: n. 冰河

melt: v. (使)融化;(使)熔化;使软化;使感动

【文章大意】.....

冰山是自然伟大的创造物。神秘的气氛总是笼罩着它们。它们在遥远冰冷的水中形成,发出巨响,壮观狂烈,但它们存在的时间很短。

它们被称为绝美的事物。形状多变,颜色或深或浅。它们在平静的海面显得优雅,庄严。

它们有时很危险。即便是晴朗的天气,也最好和它们保持安全的距离。它们多数隐藏在下水,延伸很远。它们也会滚动。

冰山是冰河的一部分。现在的冰山是由经过漫长的岁月聚集在一起的雪花组成。

1. Which of the following is the best title for the passage?

- A) The Melting of Icebergs ☒ B) The Nature and Origin of Icebergs
C) The Size and Shape of Icebergs D) The Dangers of Icebergs

2. The author states that icebergs are rarely seen because they are _____.

- A) surrounded by fog
B) hidden beneath the mountains
☒ C) located in remote regions of the world
D) broken by waves soon after they are formed

3. According to the passage, icebergs are dangerous because they can turn over very suddenly.

- A) usually melt quickly ✗ B) can turn over very suddenly
C) may create immense snowdrifts ☒ D) can cause unexpected avalanches

4. According to the passage, icebergs originate from a build-up of _____.

- ☒ A) snowflakes ✓ B) feathers
C) underwater pressure D) turbulent water

5. The attitude of the author toward icebergs is one of _____.

- A) disappointment B) humor
C) disinterest ☒ D) wonder ✓

【难点注释】.....

- 1) waste away: 日渐消瘦, 日渐衰弱 E. g. She is wasting away for lack of good food. 她因食欲不佳而日渐消瘦。
- 2) extend out: 伸出
- 3) break off: 折断 E. g. The mast broke off. 船桅断了。
- 4) They come into being—somewhere—in far-away, frigid waters, amid thunderous noise and splashing turbulence, which in most cases no one hears or sees.

这是个非限定性定语从句, 连接代词用“which”, 不能用“that”代替。在这个句中, “which”代替的不是名词, 而是前面的整个句子, 即“which”代替的是冰山形成的过程。这个句中的“in far-away, frigid waters, amid thunderous noise and splashing turbulence”相当于“somewhere”的同位语, 是它的进一步解释。

- 5) Icebergs are parts of glaciers that break off drift into the water, float about a while, and finally melt.

这是个定语从句, 连接代词“that”在从句中做主语, 代替先行词“glaciers”。这个主句包含三个并列动词即“are, float about, melt”。所以这个句子相当于“Icebergs are parts of glaciers, float about a while, and finally melt.”。

- 6) Icebergs afloat today are made of snowflakes that have fallen over hundreds, or many thousands, or in some cases maybe a million years ago.

在此句中, “afloat”为形容词做后置定语, 意为“漂浮在水中的”。“that”所引导的是个定语从句。“over”是介词, 意为“超过”整个句子译为“现在漂浮在水面上的冰山是由雪花组成, 这些雪花上百, 上千年前甚至有的也许一百万年前就已经落下。”

【答案详析】.....

1. 答案 B ● 考点: 主旨大意题

详析 通读全文内容, 可知本文的中心是讲冰山(一种漂浮在海面上的巨大冰块)的特征和形状。文章第二段尤其陈述了冰山的形状和颜色, 第四段讲述了冰山的形成, 因此正确答案为 B 项。A、C、D 三项皆是文章的部分内容, 不是文章的主旨, 故排除。

2. 答案 C ● 考点: 事实细节题

详析 根据文章第一段第三句内容“*They come into being—somewhere—in far-away, frigid waters, amid thunderous noise and splashing turbulence, which in most cases no one hears or sees.*”, 即“冰山是在遥远, 寒冷的海域中形成的……大多数情况下, 没有人看的见。”所以 C 为正确选项。A 虽然文中提到, 但不是题目的原因。B、D 两项的内容文章没有提到。

3. 答案 B ● 考点: 推理判断题

详析 根据文章第三段内容“*But they are also called frightening and dangerous...*”

they may roll over unexpectedly, churning the waters around them.”, 冰山会出其不意的翻滚, 使周围的水域波涛汹涌。而 B 项中的“turn over”意思等同于原句中的“roll over”, 两者均为“翻滚”之意。所以选择 B 项。A 项错误, 因为冰山的快速融化并不能带来危险。C、D 两项文章中并无体现。

4. 答案 A ● 考点: 事实细节题

详析 根据文章最后一段内容“Icebergs afloat today are made of snowflakes that have fallen over hundreds, or many thousands, or in some cases maybe a million years ago.”可知冰山是由常年累月的积雪形成的。所以正确答案为 A。根据文章 B、C、D 三项均错误。

5. 答案 D ● 考点: 主旨大意题

详析 根据文章第一段第一句“Icebergs are among nature's most spectacular creations”和第二段第一句“Objects of sheerest beauty, they have been called.”。从这些句子可以看出作者认为冰山是大自然的鬼斧神工, 是个绝美的尤物。所以作者认为冰山是一个奇迹。D 相比其他三项是最贴近作者观点。

P.....226 words 难度 C(10, 2).
Passage three

Humanity uses a little less than half the water available worldwide. Yet occurrences of shortages and droughts (干旱) are causing famine and distress in some areas, and industrial and agricultural by-products are polluting water supplies. Since the world's population is expected to double in the next 50 years, many experts think we are on the edge of a widespread water crisis.

But that doesn't have to be the outcome. Water shortages do not have to trouble the world-if we start valuing water more than we have in the past. Just as we began to appreciate petroleum more after the 1970s oil crises, today we must start looking at water from a fresh economic perspective. We can no longer afford to consider water a virtually free resource of which we can use as much as we like in any way we want.

Instead, for all uses except the domestic demand of the poor, governments should price water to reflect its actual value. This means charging a fee for the water itself

【文章译文】.....

人类利用的水资源还不到全世界可用水资源的一半, 然而发生再一些地区的缺水 and 干旱正引发饥荒和贫困, 工农业副产品正污染着水源。既然世界人口预计在未来五十年里翻一番, 许多专家认为我们正处于世界范围水危机的边缘。

但并不一定是那种结果。缺水不一定会令世人烦恼—如果我们现在开始比过去更加珍惜水资源。就像七十年代石油危机之后, 人类开始更加珍惜石油一样。如今人类必需开始从全新的视角来看待水资源, 我们不能再认为水是免费资源, 可以随心所欲地使用。相反, 除了穷人家庭用水外, 政府应给水资源定价, 反映其真实的价值。这意

as well as for the supply costs.

Governments should also protect this resource by providing water in more economically and environmentally sound ways. For example, often the cheapest way to provide irrigation (灌溉) water in the dry tropics is through small-scale projects, such as gathering rainfall in depressions (凹地) and pumping it to nearby cropland.

No matter what steps governments take to provide water more efficiently, they must change their institutional and legal approaches to water use. Rather than spread control among hundreds or even thousands of local, regional, and national agencies that watch various aspects of water use, countries should set up central authorities to coordinate water policy. (CET4-01-6 Passage 3)

味着不仅对供水成本,而且对水本身都应收费。

政府应从经济和环保角度考虑以更合理的方式供水,保护水资源。比如,在干旱地区建设小型工程,像在凹地里蓄雨水,然后将水引到附近的庄稼地,以这种最廉价的方式提供灌溉用水。

无论政府采取何种措施更有效地供水,他们必须从制度和法律上改变用水方式。国家应建立中央集权以协调管理水资源,而不是让各地区各部门分散管理水资源。

1. What is the real cause of the potential water crisis?
 - A) Only half of the world's water can be used.
 - B) The world population is increasing faster and faster.
 - C) Half of the world's water resources have been seriously polluted.
 - D) Humanity has not placed sufficient value on water resources.
2. As indicated in the passage, the water problem _____.
 - A) is already serious in certain parts of the world
 - B) has been exaggerated by some experts in the field
 - C) poses a challenge to the technology of building reservoirs
 - D) is underestimated by government organizations at different levels
3. According to the author, the water price should _____.
 - A) be reduced to the minimum
 - B) stimulate domestic demand
 - C) correspond to its real value
 - D) take into account the occurrences of droughts
4. The author says that in some hot and dry areas it is advisable to _____.
 - A) build big lakes to store water
 - B) construct big pumping stations
 - C) build small and cheap irrigation systems
 - D) channel water from nearby rivers to cropland
5. In order to raise the efficiency of the water supply, measures should be taken to _____.
 - A) guarantee full protection of the environment

- B) centralize the management of water resources
C) increase the sense of responsibility of agencies at all levels
D) encourage local and regional control of water resources

【答案详析】.....

1. 答案 D ● 考点: 推理判断题

详析 根据原文第二段第二句“Water shortages do not have to trouble the world-if we start valuing water more than we have in the past.”可以判断出潜在的水危机的真正原因是人类一直没有给水资源足够的重视。选项 A 是干扰项,由第二段前两句可排除 A 不是水危机的真正原因。

2. 答案 A ● 考点: 事实细节题

详析 根据原文第一段最后一句“Since the world's population is expected to double in the next 50 years, many experts think we are on the edge of a widespread water crisis.”和第二段开头“But that doesn't have to be the outcome. Water shortages do not have to trouble the world-if we start valuing water more than we have in the past.”可推断如果我们在不珍惜水资源,由于人口加剧引发的水危机就会成为事实。所以,不能据此推断出科学家夸大了水资源问题。选项 C 和 D 则明显与原文不符。

3. 答案 C ● 考点: 推理判断题

详析 根据原文第三段第一句“... governments should price water to reflect its actual value.”得知选项 C 为正确答案。选项 A “降至最低价”,选项 B “刺激内需”,选项 D “考虑到干旱的发生”。

4. 答案 C ● 考点: 事实细节题

详析 根据原文第四段第二句“... often the cheapest way to provide irrigation water in the dry tropics is through small-scale projects, such as gathering rainfall in depressions and pumping it to nearby cropland.”可知选项 C 为正确答案,选项 A、B 和 D 都与此文意不符。

5. 答案 B ● 考点: 推理判断题

详析 根据原文最后一段关于应如何管理水资源的问题,可推断出,为了提高供水效率,应该采取措施集中对水资源进行管理。

P.....250. words. 难度 C(8.4).
Passage four

American society is not nap (午睡)-friendly. In fact, says David Dinges, a sleep specialist at the University of Pennsylvania

【文章译文】.....

美国是个并不热衷午睡的社

School of Medicine. "There's even a prohibition against admitting we need sleep". Nobody wants to be caught napping or found asleep at work. To quote a proverb: "Some sleep five hours, nature requires seven, laziness nine and wickedness eleven."

Wrong. The way not to fall asleep at work is to take naps when you need them. "We have to totally change our attitude toward napping", says Dr. William Dement of Stanford University, the godfather of sleep research.

Last year a national commission led by Dement identified an "American sleep debt" which one member said was as important as the national debt. The commission was concerned about the dangers of sleepiness: people causing industrial accidents or falling asleep while driving. This may be why we have a new sleep policy in the White House. According to recent reports, president Clinton is trying to take a half-hour snooze (打瞌睡) every afternoon.

About 60 percent of American adults nap when given the opportunity. We seem to have "a mid-afternoon quiet phase" also called "a secondary sleep gate." Sleeping 15 minutes to two hours in the early afternoon can reduce stress and make us refreshed. Clearly, we were born to nap.

We Superstars of Snooze don't nap to replace lost shut-eye or to prepare for a night shift. Rather, we "snack" on sleep, whenever, wherever and at whatever time we feel like it. I myself have napped in buses, cars, planes and on boats; on floors and beds; and in libraries, offices and museums. (CET4-98-1 Passage 3)

会。实际上,按照宾夕法尼亚大学医学院的睡眠专家 David Dinges 所说,“甚至有禁令不承认我们需要睡眠”。没有人愿意在工作时被抓住自己在打盹或在睡觉。引用一句谚语:“有人睡眠 5 个小时,生物本能要求睡 7 个小时,如果睡到 9 个小时便是懒人,睡 11 个小时那便是邪恶了。”

这是不正确的。在工作要想不犯困就应在需要时打个盹。睡眠研究学的始祖,斯坦福大学的 William Dement 博士说,“要完全改变对于打瞌睡的态度。”

去年,由 Dement 领导的国家委员会发现“美国睡眠欠债”,正如一位委员所说美国人欠瞌睡就像欠国债一样重大。并表示了他对其危险性的担忧:人们开车时打瞌睡会造成行业事故。这也许就是为什么白宫出台了新的有关睡眠的政策。据最新报告,克林顿每天下午都尽量睡半个小时。

只要有机会就会有大约 60% 的成人午睡。我们似乎有一个“每天下午中间安静时段”,也被称为“次睡眠关卡”。在下午刚开始就睡 15 分钟到 2 个小时可以使我们减轻压力,神清气爽。显然,我们生来就要午睡。

我们这些打瞌睡的超级明星打盹并非为了避免困倦或是准备换夜班。相反,我们无论何时、何地只要想睡就会抓紧时间小睡。我就在公共汽车上、小汽车里、飞机上、船上;在地板上、床上;在图书馆、办公室和博物馆里打盹。

1. It is commonly accepted in American society that too much sleep is _____.
A) unreasonable B) criminal C) harmful D) costly
2. The research done by the Dement commission shows that Americans _____.
A) don't like to take naps