

Real Origin! CET-4 Reading

题源! 一本书读懂 四级阅读

金利 主编



重点词汇完全归纳，阅读词汇**双重提高**!

★★★★★ “问渠哪得清如许，为有源头活水来”，这本书为你找到四六级阅读的“源头”，作者多年致力于研究四六级考试，抽丝剥茧，找出四六级阅读题源所在，帮助读者从根源上提高四六级阅读的能力。

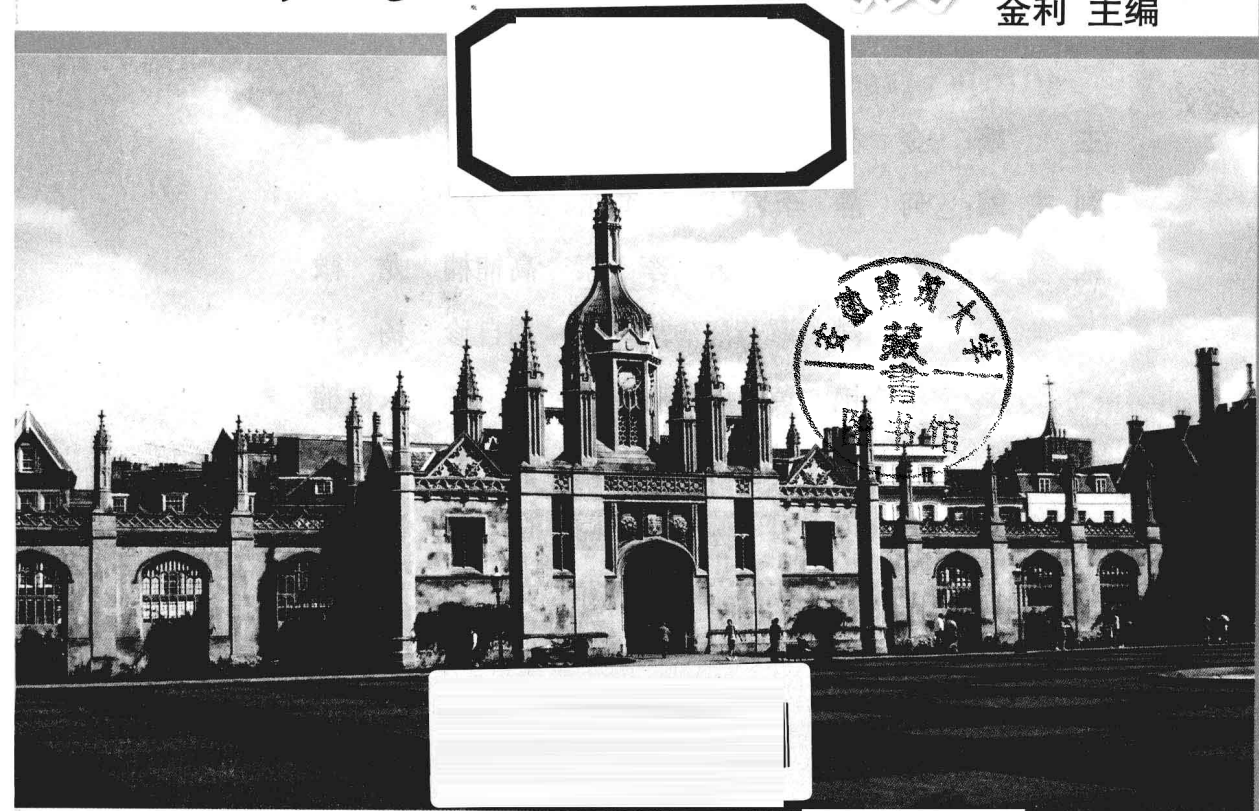
石油工业出版社

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图书在版编目 (CIP) 数据

题源! 一本书读懂四级阅读 /金利主编.
北京: 石油工业出版社, 2012.5
(四六级阅读题源系列)
ISBN 978-7-5021-8983-9

I. 题…

II. 金…

III. 大学英语水平考试-阅读教学-自学参考资料

IV. H319.4

中国版本图书馆CIP数据核字 (2012) 第049717号

题源! 一本书读懂四级阅读

金 利 主 编

出版发行: 石油工业出版社

(北京朝阳区安华西里三区18号 100011)

网址: www.petropub.com.cn

编辑部: (010) 64251389 营销部: (010) 64523604

经 销: 全国新华书店

印 刷: 北京晨旭印刷厂

2012年5月第1版 2012年5月第1次印刷

710×1000毫米 开本: 1/16 印张: 19

字 数: 350千字

定 价: 28.80元

(如出现印装质量问题, 我社发行部负责调换)

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四级文章这样读最给力

阅读理解在大学英语四级考试中一直处于非常重要的地位，所占比例高达35%，其中仔细阅读部分（Reading in Depth）占25%，快速阅读部分（Skimming and Scanning）占10%。仔细阅读部分除测试篇章阅读理解外，还包括对篇章语境中词汇的理解；而快速阅读部分则测试快速阅读文章并获取重要信息的技能。

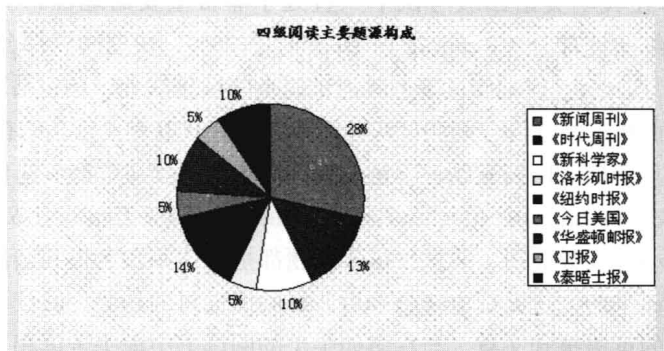
深入研究历年四级阅读真题，不难发现许多真题阅读文章都节选自*Newsweek*、*TIME*、*New Scientists*、*Los Angeles Times*、*The New York Times*、*USA Today*和*The Washington Post*等英美报刊、杂志，很多真题都是由这些知名报刊杂志中近几年发表的文章改编而来的。这无疑也将是今后四级阅读选材的趋势。阅读和考试真题同源、难度相当的英语报刊文章，与在多如牛毛的阅读书中埋头苦读相比，其效果必定会事半功倍，这一观点，已经得到越来越多考生的认同。

那么，四级阅读文章都是从何而来呢？下面编者对近几年四级真题阅读理解文章的来源进行了分析：

四级阅读文章的来源

题型 年份	快速阅读	仔细阅读			完形填空
		选词填空	Passage 1	Passage 2	
2011.6		<i>The Times</i> 《泰晤士报》	<i>The New York Times</i> 《纽约时报》	<i>The New York Times</i> 《纽约时报》	
2010.12	<i>The Times</i> 《泰晤士报》	www.fullbooks.com	<i>New Scientist</i> 《新科学家》	<i>New Scientist</i> 《新科学家》	
2010.6	<i>The Washington Post</i> 《华盛顿邮报》	<i>TIME</i> 《时代周刊》	<i>TIME</i> 《时代周刊》	<i>TIME</i> 《时代周刊》	
2009.12	<i>USA Today</i> 《今日美国》	<i>The New York Times</i> 《纽约时报》	<i>Newsweek</i> 《新闻周刊》	<i>Newsweek</i> 《新闻周刊》	<i>The Guardian</i> 《卫报》
2009.6	<i>Job Journal</i> 《求职杂志》		<i>Newsweek</i> 《新闻周刊》	<i>Los Angeles Times</i> 《洛杉矶时报》	<i>Newsweek</i> 《新闻周刊》
2008.12	<i>The Sydney Morning Herald</i> 《悉尼晨报》	www.fullbooks.com	www.365friendz.com		
2008.6			<i>The Washington Post</i> 《华盛顿邮报》	www.msnbc.com	
2007.12	<i>Newsweek</i> 《新闻周刊》	www.thefreelibrary.com			
2007.6	www.gannettonline.com			<i>Newsweek</i> 《新闻周刊》	

由上表可以看出,四级阅读文章的题源集中在: *Newsweek*《新闻周刊》、*TIME*《时代周刊》、*The New York Times*《纽约时报》、*New Scientists*《新科学家》、*The Washington Post*《华盛顿邮报》、*The Times*《泰晤士报》等英美著名报刊、杂志。有些题源,比如《悉尼晨报》、《求职杂志》以及一些原版英文网站和图书的阅读文章偶尔出现一次。由上表我们可以得出英语四级阅读文章已知主要题源构成图如下:



基于以上对四级阅读文章来源的分析,编者选取了以下几个最热门题源:《新闻周刊》、《新科学家》、《时代周刊》、《洛杉矶时报》和《纽约时报》、《今日美国》和《华盛顿邮报》、《卫报》和《泰晤士报》。

1. 选材以真题为蓝本,题材新颖,必考题源一网打尽。

本书的所有文章分别选自《新闻周刊》、《时代周刊》、《新科学家》、《纽约时报》、《洛杉矶时报》、《今日美国》、《华盛顿邮报》、《卫报》、《泰晤士报》这几大必考题源,在词数和难易度上,选文与真题仔细阅读文章保持一致,在题材上,选文紧紧抓住时效性、新颖性的标准,确保选文与真题的高仿真度,真正从考生的实际需要出发,让考生在轻松阅读中对真题文章了然于心。

2. 教你看懂阅读文章是怎样炼成的。

本书第一章对最新四级阅读真题的题源进行了详细剖析,从真题的选材、对原文的删减和修改、出题等几个方面,手把手地教会读者真正看懂四级阅读文章的来龙去脉。另外,在每个章节的前面,【报刊简介】介绍了题源的风格、特点,让考生充分了解该报刊杂志;【真题命中文章揭秘】为读者总结归纳了来源于该题源的真题文章。

3. 教你读懂出题关键词。

本书每篇文章都精心挑选出最容易出题的句子,详细讲解该处为何容易成为出题点,并对该句进行了详细的剖析,既帮助读者提高对出题点的敏感度,又帮助读

者加深理解文章的长难句，全方位地提高读者的解题速度和正确率。

4. 重点词汇完全归纳，阅读词汇双赢。

本书对每篇文章进行了深加工，挑选出文中的四级高频词、重点词以及超纲词，并给出了高频词和重点词的相关用法，包括[语境强化]、[词汇拓展]和[短语搭配]，对超纲词给出了词义和音标，既帮助读者提高阅读能力，又帮助读者在阅读中增加词汇量，达到双丰收的效果。

5. 提供译文和背景，轻松理解全文。

本书每篇文章均配有相关背景知识以及参考译文，既可帮助考生真正读懂全文，从而提高阅读兴趣，又可为翻译爱好者提供实践的机会。

最后，预祝即将参加四级考试的各位考生马到成功！

编者

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第一章

生成的 四级阅读真题是如何

纵观历年真题,四级阅读文章的来源主要有《新闻周刊》、《时代周刊》、《新科学家》、《纽约时报》、《洛杉矶时报》、《今日美国》、《华盛顿邮报》、《卫报》、《泰晤士报》等九大题源。

编者通过对历年真题的分析发现,命题者一般会就以下几个方面对题源文章进行修改:

1. 删除、改写超纲词、生僻表达

真题文章选自国外报刊、杂志,有生僻词汇是难免的,这时候命题者就会对影响理解文章内容的词汇和表达进行改写。如:2010年12月快速阅读中的shrubs、lurk in、irritability、fathoms、crave、make pilgrimages等词汇,属于较难的超纲词汇,命题者在改写文章时将这些词汇改成了bushes、hang about、anger、far too、long for、travel,以方便考生理解。

原文中的生僻表达walk the school run也被改写为考生熟悉的walk the child to and from school。

2. 删除不必要的、过于详细的细节

删除细节信息主要是出于缩减词数、降低文章难度的考虑,且所删除的细节信息都不会影响到文意的表达。如:2010年12月的快速阅读文章,命题者首先删除了文章前半部分较长篇幅的内容,接着删除了文章中不影响文意的定语with an instinct like a salmon swimming upstream,以及不作为重点,且不影响文意叙述的Suggestions for drinks: tea, Robinson's Barley Water, lager, Pimm's, champagne. They all work.等内容。

3. 为切合主题而添加或改写部分内容

删减的内容一般不影响对文章的理解,那么,添加的内容就是为了帮助考生更好地理解文章。如:2010年12月的快速阅读,命题者对Dr. Bird's study states加入了同位语,变为Dr. William Bird, researcher from the Royal Society for the Protection of Birds, states in his study,这样考生可以更好地理解文中所提人物的身份,从而更好地理解文章。

4. 加入中文释义

加入中文释义是为了帮助考生理解不认识的词汇,更流畅地阅读文章。如:2010年12月快速阅读中命题者对joggers(慢跑者)、deprived(丧失)、attention deficit hyperactivity disorder(多动症)、hierarchy(等级)、bullying(恃强凌弱)、tarmac(柏油碎石)、mammals(哺乳动物)加入了中文释义,帮助考生更好、更快地阅读文章。

2010年12月CET-4真题阅读

Part II Reading Comprehension (Skimming and Scanning)

2010年12月的这篇快速阅读文章选自2007年6月*The Times*《泰晤士报》上的一篇文章, 原文题目为*A Grassroots Remedy* (大自然疗法), 本文选自原文的后半部分, 依然沿用了原文的题目, 原文的观点是: 当我们走进大自然, 我们的幸福感会增加, 同时压力也会减少。

A Grassroots Remedy

~~The wild world is good for you. Essential for you. Without the wild world your health suffers, your efficiency suffers, your effectiveness as a person suffers, your children are less than they might be, and you are less happy than you could be. The wild world is necessary for our sanity. Without nonhuman life, we are less than fully human.~~

~~Now it is all very well saying these things. In a vague sort of way, these assertions make a vague sort of sense: the sort of sense that you can't put your finger on, the sort of sense that gets overridden when it comes down to the sort of thing you can actually prove—like such and such a development will make money; such and such a change will save money.~~

~~How can you measure good vibes? How can you measure tranquillity? How can you measure comfort and solace? How can you measure meaning? Impossible: so we flatten the wood for a new bypass that will enable us to get from one grim place to another at much greater speed; so we put up the new hospital unit in what was once the hospital garden; so we allow every town to spread until it joins its neighbour.~~

~~But now, astonishingly, we have a document that seeks to do all this measuring: to demonstrate, by experiment and by meticulously recorded observation, that the wild world has a measurable, a computable, value in society. The document offers physical proof of the spiritual benefits of the wild world. And if we find that a contradiction, it is only because the overwhelming trend of the past 200 years of human history have been based on material benefits for the human world.~~

But now we are beginning to discover the cost of this change. Now, as so much of the natural world has been destroyed, we are beginning to learn how important it is, not just for itself but for human beings. It is not simply that the natural world is nice. Rather, it is that the natural world is essential.

The document is called Natural Thinking; it has been produced by the wonderfully named Dr. William Bird for the Royal Society for the Protection of Birds (RSPB), and The Times has been granted an exclusive first perusal of its contents. I met Dr. Bird to talk over the thinking behind the paper while he was still putting it together, and have subsequently written some material for the RSPB on the subject, one very close to my heart.

Well, it's close to all our hearts, whether we know it or not. But it has long been something I have quite explicitly believed in. Now, with this document, I have irrefragable proof. So let's cut to the chase.

A study on patients recovering from gall-bladder surgery compared those who had a view of trees from a window, and those who could see only a brick wall. The tree group had shorter postop stays, fewer negative comments and fewer postop complications such as nausea and headaches.

A study in the U.S. asked patients and staff in a hospital where they went when stressed. Of these, 95 percent said that they got a positive change from being outside; 69 percent said that plants and trees helped them best. Yet hospitals are the most nature-devoid buildings that human beings have ever come up with.

In another study, 166 patients facing open-heart surgery were shown one of four panels: an open, natural view with water; a closed forest; an abstract; or a white panel. The patients with the open, natural view had less postop anxiety. Patients undergoing bronchoscopy were given pictures of nature and recordings of birdsong. They all did better and needed fewer drugs than the control group who had nothing of the kind.

Dr. Bird notes that for centuries hospitals were healing places that had restorative gardens, trees and courtyards. Now the stress is on artificial lighting, windowless rooms and abstract art that has been shown to increase stress levels in patients. The implication—not stated in the report but unmistakably present—is that we don't need only to cure the bodies of the sick; we need also to care for their souls.

Sick people need nature. But then so do the well. Nature helps you to work better. Three groups of young adults: one took a holiday in the wild, the second a holiday in

town, the third had no holiday. On return, each was given a highly demanding proofreading test. The wilderness group won by miles.

Another test: one group was assigned to a natural environment for 40 minutes, another to a city, another group listened to soft music and read magazines indoors. Again, the natural group won the subsequent proofreading test.

Dealing with stress is an essential aspect of 21st-century life. Working and the mere organisation of daily living are colossally demanding tasks. Stressed-out students were divided into three groups: one was shown videos of traffic, another of a shopping mall, another of nature. Guess which group unstressed quickest. Alpha-wave activity in the brain indicates a more relaxed state. Alpha waves are increased when you look at plants, especially if they have flowers. A group of young adults was divided in two: one group took an urban walk and found that anger and negativity increased. You can probably work out what happened to the group that took a walk in a nature reserve.

This is a drip-drip-drip process. One small piece of evidence after another wears down the conceptions that go with industrialised and urbanised life. And, in fact, most of us spend our lives seeking the natural world with an instinct like a salmon swimming upstream. To this end, we walk the dog, play golf, go fishing, do the garden, 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 jog, they don't run the streets. Every one of them instinctively heads to the park or the river. ^[1]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.

题 1

What is the author's profound belief?

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

出题点在作者观点处。

But despite this, our children are growing up nature-deprived. I spent my boyhood climbing trees on Streatham Common, South London. These days, **paedophile-phobia has robbed children^①** of these ancient freedoms. **Other problems are traffic,^②** the loss of the open spaces and odd new perceptions about ^[2]*what is best for children. That is to say, things that can be bought, rather things that can be found.*

The truth is to be found elsewhere. A study in the U.S.: families had moved to better housing and the children were assessed **for attention deficit and hyperactivity^③**. Those whose accommodation had more natural views showed an improvement of **19 percent**; those who had the same improvement in material surroundings but no nice view improved just **4 percent^④**.

^[3]*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 U.S. 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 based on physical **competence^⑤**, with the tough ones taking the lead. But when a grassy area was planted with **shrubs^⑥**, the children got much more into fantasy play, and the social hierarchy was now based on imagination and creativity.

^[4]*Most bullying is found in schools where there is a tarmac playground; the least bullying is in a natural*

① children are robbed
删除超纲词。

② Due to problems like crime, traffic,
根据改后的句式要求, 将原文的两句话改成了一句话。

题 2

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

A) Personal freedom.

B) Things that are natural.

C) Urban surroundings.

D) Things that are purchased.

出题点在what引导的名词性从句及that is to say插入语处。

③ ADHD—attention deficit hyperactivity disorder(多动症)
加入缩写及中文释义。

④ 19% 4%

将英文改为更易识别的符号。

题 3

What does a study in Sweden show?

A) The natural environment can help children learn better.

B) More access to nature makes children less likely to fall ill.

C) A good playground helps kids develop their physical abilities.

D) Natural views can prevent children from developing ADHD.

本题出题点在研究结果处。

⑤ abilities

作“能力”讲时, abilities比competence更易理解。

⑥ bushes

将生词改为考生比较熟悉的词。

题 4

Children who have chances to explore natural areas _____.

A) tend to develop a strong love

area that the children are encouraged to explore.

This reminds me unpleasantly of Sunnyhill School in Streatham, with its brutal tarmac, where I used to lurk in^⑦ 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.

~~And the report goes on, endlessly showing us the things we lose as we distance ourselves from the wild world.~~^[5] One of the great problems of modern childhood is ADHD—~~attention deficit hyperactivity disorder~~—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.^[6] 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.

^[7] Dr. Bird's study states: "A natural environment can reduce violent behaviour because its restorative process ~~in the main~~ helps reduce

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

本题出题点在段首生词处。

⑦ hang about

将生词组改为考生比较熟悉的词组。

题 5

What does the author suggest we do to help children with ADHD?

A) Find more effective drugs for them.

B) Provide more green spaces for them.

C) Place them under more personal care.

D) Engage them in more meaningful activities.

本题是对本段信息的整合。

题 6

In what way do elderly people benefit from their contact with nature?

A) They look on life optimistically.

B) They enjoy a life of better quality.

C) They are able to live longer.

D) They become good-humoured.

本题出题点在介绍特殊群体(old people)处。

题 7

Dr. William Bird suggests in his study that _____.

A) humanity and nature are complementary to each other

B) wild places may induce impulsive behaviour in people

C) access to nature contributes to the reduction of violence

D) it takes a long time to restore nature once damaged

本题出题点在人物观点处。