

考研英语阅读理解第一书



**2013** 考研英语·分级进阶版 (总第十三版)

# 石春祯 英语阅读理解 220篇 提高篇

主编◎石春祯 副主编◎商志 曹刚 翻译◎张勇先

**全国唯一一本出版十年以上、口碑相传、持续畅销、  
切实提高英语阅读理解实际水平的经典图书!**



西安交通大学出版社  
XI'AN JIAOTONG UNIVERSITY PRESS



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# 石春祯

# 英语阅读理解

# 220篇

提	高	篇
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主 编:石春祯  
副 主 编:商志 曹刚  
策 划:张伟 陈丽  
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## 本书使用的句结构解析法

本书“难句透析”部分主要使用以下两种方法解析句子结构：

### 一、识别从句和非谓语动词短语等结构的“三层记号标注法”

1. 从句和非谓语动词短语是构成英语长难句的两种基本结构。如果能够把一句话中的从句和非谓语动词短语迅速识别清楚,句子马上就可以读懂了。
2. 一句话中的任何一个非谓语成分都可以用从句表达,可以把其看做第一层从句结构,用方括号标示。第一层从句中的任何一个非谓语成分也都可以用从句表达,可以把其看做第二层从句结构,用圆括号标示。第二层从句中的任何一个非谓语成分还可以用从句表达,可以把其看做第三层从句结构,用尖括号标示。
3. 一句话中的任何一个非谓语成分都可以用非谓语动词短语表达,可以把其看做第一层非谓语动词结构,用方括号标示。第一层非谓语动词短语中的任何一个非谓语成分也都可以用非谓语动词短语表达,可以把其看做第二层非谓语动词短语结构,用圆括号标示。第二层非谓语动词短语中的任何一个非谓语成分还可以用非谓语动词短语表达,可以把其看做第三层非谓语动词短语结构,用尖括号标示。
4. 实际上,从句和非谓语动词短语可以交织使用。从句中的非谓语成分不仅可以用从句表达,也可以用非谓语动词短语表达;非谓语动词短语中的非谓语成分不仅可以用非谓语动词短语表达,也可以用从句表达。因此,可以把从句和非谓语动词短语同样对待,分成三层,分别用方括号、圆括号、尖括号标示出来,这样,句子的结构就一目了然了。
5. 事实上,一句话中使用的从句和非谓语动词短语不一定是三层,也可能只有一层或两层,也可能是三层以上。但是,我们常见的长难句最多为三层结构。为便于大家熟悉和应用此方法分析句子结构,本书把其称之为“三层记号标注法”。
6. 我们也可以用“三层记号标注法”标注除从句和非谓语动词短语以外的其他成分,比如:形容词短语、名词短语、介词短语等等。

### 二、识别并列结构的“数字标注法”

1. 一句话可以由若干个分句并列而成;一句话的主语可以由若干个名词或名词短语并列而成;一句话的宾语可以由若干个宾语从句并列而成。实际上,任何相同的成分都可以并列,比如:并列的名词(动词、形容词、副词等)、并列的分句、并列的从句、并列的非谓语动词等。对于任何并列的成分,可以使用单括号的数字用“上标法”按照顺序一一标示出来。
2. 一组并列成分中的某一个成分还可能由若干个次一级成分并列而成,可以把其看做第二级并列,可以使用双括号的数字用“上标法”按照顺序一一标示出来。我们常见的并列现象最多到两级。

### 三、句结构解析示例

例一:

【原文】 An education that aims at getting a student a certain kind of job is a technical education, justified for reasons radically different from why education is universally required by law.

【解析】 An education [that aims at (getting a student a certain kind of job)] is a technical education, [justified for

reasons (radically different from <why education is universally required by law>)].

**【结构】** 第一个方括号所标示的“that aims at ... job”是“education”的后置定语从句,其中圆括号所标示的动名词短语“getting ... job”是介词“at”的宾语。第二个方括号所标示的过去分词短语“justified for reasons ... by law”是“technical education”的后置定语,其中圆括号所标示的形容词短语“radically different from ... by law”是“reasons”的后置定语,尖括号所标示的“why education ... by law”是介词“from”的宾语从句。

**【释义】** 那种旨在帮助学生找到某份工作的教育是职业教育,法律上规定人人需要接受教育,这两种教育观念基于的理由完全不一样。

例二:

**【原文】** How well the prediction will be validated by later performance depends upon the amount, reliability, and appropriateness of the information used and on the skill and wisdom with which it is interpreted.

**【解析】** [How well the prediction will be validated by later performance] depends <sup>1)</sup> upon <sup>(1)</sup> the amount, <sup>(2)</sup> reliability, and <sup>(3)</sup> appropriateness of the information [used] and <sup>2)</sup> on the skill and wisdom [with which it is interpreted].

**【结构】** 第一个方括号所标示的“How well the prediction ... later performance”是主语从句。第二个方括号所标示的过去分词“used”是“information”的后置定语。第三个方括号所标示的“with which it is interpreted”是“skill and wisdom”的后置定语从句,其中主语“it”指“the information used”。用单括号数字上标的“upon ...”和“on ...”是不及物动词“depends”后面跟的两个并列的介词短语。用双括号数字上标的“the amount”,“reliability”和“appropriateness”是介词“upon”后面的三个并列的宾语。介词短语“of the information used”修饰其前面的三个并列的名词“the amount, reliability, and appropriateness”。

**【释义】** 这些预测在多大程度上被后来的表现所证实,这取决于所采用的信息的数量、可靠性和适宜性,以及用来理解这些信息的技能和才智。

2013 分级进阶版《石春祯英语阅读理解 220 篇》分为两册：“基础篇”110 篇和“提高篇”110 篇，分册装订，独立销售，读者可根据需要自由选择。

本书（包括“基础篇”和“提高篇”）以 2012 版《石春祯英语阅读理解 220 篇》为基础修订而成。

本书的 220 篇文章均选自国外最新出版的英文原版书刊。选材以议论文和说明文为主，主要涉及科普、经济、社会生活、文化教育、人的生理和心理等方面。

每册的上篇为多项选择练习，每篇文章后附有 5 道阅读理解题。这些题目以深层次问题为主，主要涉及文章的主旨要义，作者的意图、观点或态度，文章的总体结构以及上下文之间的关系等。

每册的中篇为新题型练习，其中包括：选择搭配题、段落排序题，以及选择小标题、选择论据的题目。

每册的下篇为英译汉练习，要求把划线的 5 句话译成汉语，重点练习根据上下文准确理解英语原文并用汉语正确表达的能力。

本书每一篇文章的难句剖析、答案解析、全文翻译是为读者检验自己对文章的理解是否准确而设置的。建议读者阅读文章时最好不看解析，应靠自己的力量真正读懂文章，争取在读懂文章的基础上把题目做对。如果个别地方实在有困难，自己难以解决，再查阅解析。

本书旨在帮助读者切实提高英语阅读理解实际能力。提高阅读理解能力，首先不在于读了多少篇文章，而在于究竟读懂了多少。阅读时千万不要贪多，不能图快，而应力求真正读懂文章，读懂一篇是一篇。即使每天只能读懂一篇，坚持 220 天，读懂 220 篇文章，自己的英语阅读理解能力必然会有质的飞跃，英语阅读理解部分的考试成绩也必然会大幅度提高。

本书不是模拟题。如果把本书当作模拟题，匆匆忙忙看完一篇文章，做完练习后，马上查答案、看解析、读译文，觉得一下子都懂了，就接着做下一篇，这样做下去，220 篇都做完了，英语的阅读理解能力不会真正提高，更不用说考试成绩了。

学习英语时，词汇固然很重要，但不应该把词汇当做知识来学。词汇不是知道的越多越好，而是会用的越多越好。读者在使用本书的过程中，首先应关注大纲中基本词汇的熟练使用。阅读文章时，应着重培养根据上下文推断词义的能力。本书每个单元的“难词注释”是为了减轻读者阅读过程中查找生词的困难而设置的，大部分为超纲词汇，绝对没有必要花大量时间死记硬背这些词汇。

本书可供准备参加研究生入学统一考试的读者使用，也可供那些对提高英语阅读理解能力感兴趣的读者使用，尤其适合大学英语四级以上水平的读者使用。

本书文章涉及多类题材，希望能在扩充知识方面给读者带来一定益处。

英国曼彻斯特大学 (Manchester University) 的 Sunny 女士为本书的选材工作做了很大贡献，在此特向 Sunny 女士表示真诚的感谢！

本书 220 篇文章的全部译文都是由中国人民大学张勇先教授翻译的，在此特向张勇先教授表示由衷的感谢！

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## EXERCISE 001

A journey of a thousand miles begins with a single step.  
千里之行，始于足下。

# 220

阅读理解A节

上篇

Until now, it had been widely assumed that the kind of mental ability that allows us to solve new problems without having any relevant previous experience—what psychologists call fluid intelligence—is innate and cannot be taught (though people can raise their grades on tests of it by practicing).<sup>①</sup>

But in a new study, researchers describe a method for improving this skill, along with experiments to prove it works.

The key, researchers found, was carefully structured training in working memory—the kind that allows memorization of a telephone number just long enough to dial it.<sup>②</sup> This type of memory is closely related to fluid intelligence, according to background information in the article, and appears to rely on the same brain circuitry. So the researchers reasoned that improving it might lead to improvements in fluid intelligence.

First they measured the fluid intelligence of four groups of volunteers using standard tests. Then they trained each in a complicated memory task, the child's card game, in which they memorized simultaneously presented auditory and visual stimuli that they had to recall later.<sup>③</sup>

The game was set up so that as the participants succeeded, the tasks became harder, and as they failed, the tasks became easier. This assured a high level of difficulty, adjusted individually for each participant, but not so high as to destroy motivation to keep working. The four groups underwent a half-hour of training daily for 8, 12, 17 and 19 days, respectively. At the end of each training, researchers tested the participants' fluid intelligence again. To make sure they were not just improving their test-taking skills, the researchers compared them with control groups that took the tests without the training.<sup>④</sup>

The results, published Monday in *The Proceedings of the National Academy of Sciences*, were striking. Although the control groups also made gains, presumably because they had practice with the fluid intelligence tests, improvement in the trained groups was substantially greater. Moreover, the longer they trained, the higher their scores were. All performers, from the weakest to the strongest, showed significant improvement.

"Intelligence has always been considered principally an immutable inherited trait," said Susanne M. Jaeggi, a postdoctoral fellow in psychology at the University of Michigan and a co-author of the paper. "Our results show you can increase your intelligence with appropriate training."

Why did the training work? The authors suggest several aspects of the exercise relevant to solving new problems: ignoring irrelevant items, monitoring ongoing performance, managing two tasks simultaneously and connecting related items to one another in space and time.<sup>⑤</sup>

【420 words】

1. It was generally believed that fluid intelligence \_\_\_\_\_.
  - A. is a mental ability everyone has
  - B. permits us to solve any problems
  - C. is an ability determined by nature
  - D. is irrelevant to previous experience
2. Researchers believe that fluid intelligence \_\_\_\_\_.
  - A. depends on the improvement of working memory
  - B. can be ameliorated by improving working memory
  - C. relies on uninterrupted training in working memory
  - D. shares the same brain circuitry with working memory
3. A child's card game was used in the experiment as it is \_\_\_\_\_.

- A. a standard test to measure fluid intelligence  
B. easy enough for any individual to accomplish  
C. an inspiring game with a high level of difficulty  
D. a complicated memory task for all the test-takers
4. Control groups were used in the experiment so as to \_\_\_\_\_.  
A. urge the participants to improve their real fluid intelligence  
B. avoid the influence of improving testing skills on the result  
C. prevent the trained groups from improving their testing skills  
D. ensure the reliability and objectivity of the scientific research
5. According to the new study, appropriate training can increase one's intelligence since \_\_\_\_\_.  
A. one's intelligence is nothing but an immutable inherited trait  
B. all performers showed significant improvement after training  
C. managing two tasks simultaneously is relevant to intelligence  
D. the ability to solve new problems can be improved by training

### 难词注释

innate	/ineit/	adj.	(品质、感情等)与生俱来的,固有的
immutable	/i'mju:təbl/	adj.	不可改变的

### 难句剖析

① Until now, it had been widely assumed [that the kind of mental ability (that allows us to solve new problems without having any relevant previous experience)—what psychologists call fluid intelligence—is innate and cannot be taught (though people can raise their grades on tests of it by practicing)].

**【结构】**代词“It”是主句的形式主语。方括号所标示的部分是其中的主语从句,这个从句的主语是“the kind of mental ability”,后面有两个并列的谓语动词“is”和“cannot be taught”。第一个圆括号所标示的部分是“the kind of mental ability”的后置定语从句。破折号之间的名词性从句补充说明“the kind of mental ability”。

**【释义】**过去人们普遍认为,我们在不具备相关经验的情况下就能解决新问题的心智能力(即心理学家所说的流动智力)是先天具备的,无法后天习得(不过,通过训练可以提高这种智力测试的成绩)。

② The key, researchers found, was carefully structured training in working memory—the kind [that allows memorization of a telephone number just long enough to dial it].

**【结构】**此句主句的主语是“The key”,谓语动词是“was”,表语是“carefully structured training”。破折号后面的部分起补充说明作用。方括号所标示的部分是“the kind”的后置定语从句。

**【释义】**研究人员发现,关键在于策划严谨有序的实用记忆力训练。实用记忆力指那种恰好能让人在拨号的时间段内记得电话号码的能力。

③ Then they trained each in a complicated memory task, the child's card game, [in which they memorized simultaneously presented auditory and visual stimuli (that they had to recall later)].

**【结构】**逗号之间的部分补充说明“complicated memory task”。方括号所标示的部分是“the child's card game”的后置定语从句。圆括号所标示的部分是“stimuli”的后置定语从句。

**【释义】**然后,他们用一种儿童纸牌游戏对每组进行了复杂记忆活动训练。参试者要记住同时出现的听觉和视觉刺激物,并且于测试后进行回忆。

④ To make sure [they were not just improving their test-taking skills], the researchers compared them with control groups [that took the tests without the training].

**【结构】**第一个方括号所标示的部分是动词不定式“To make sure”的宾语从句。第二个方括号所标示的部分是“control groups”的后置定语从句。

【释义】为了确定被试者不只提高了自身的应试技能,研究人员将他们与未经训练的控制组进行了对比。

⑤ The authors suggest several aspects of the exercise [relevant to solving new problems]: <sup>1)</sup> ignoring irrelevant items, <sup>2)</sup> monitoring ongoing performance, <sup>3)</sup> managing two tasks simultaneously and <sup>4)</sup> connecting related items to one another in space and time.

【结构】方括号所标示的形容词短语是“several aspects of the exercise”的后置定语。冒号后面的4个并列的动名词短语起补充说明作用。

【释义】作者指出了在解决新问题的能力训练中值得关注的几个方面:忽略无关项目,监控实际表现,同时对两个活动进行控制,把相关项目从空间和时间上联系起来。

## 答案解析

1. C 根据第一段中的“... fluid intelligence—is innate and cannot be taught ...”,C 应为答案。
2. B 根据第三段最后一句“So the researchers reasoned that improving it might lead to improvements in fluid intelligence”,B 应为答案。
3. A 根据第四段可知,研究人员让四组志愿者参与儿童纸牌游戏,其目的是把该游戏当做标准化测试手段来测试参试者的流动智力的,所以,A 应为答案。
4. B 根据第五段最后一句“To make sure they were not just improving their test-taking skills, the researchers compared them with control groups ...”,B 应为答案。
5. D 根据第一段,“fluid intelligence”指的是“不依靠任何过去相关经验就能解决新问题的智力”。根据最后一段中的“Why did the training work? The authors suggest several aspects of the exercise relevant to solving new problems: ...”,即,训练有助于提高与解决新问题相关的智力因素,所以,D 应为答案。

## 全文翻译

过去人们普遍认为,我们在不具备相关经验的情况下就能解决新问题的心智能力(即心理学家所说的流动智力)是先天具备的,无法后天习得(不过,通过训练可以提高这种智力测试的成绩)。<sup>①</sup>

但在一项新研究里,研究人员描述了一种可以提高此项技能的方法,并用实验加以证明。

研究人员发现,关键在于策划严谨有序的实用记忆力训练。实用记忆力指那种恰好能让人在拨号的时间段内记得电话号码的能力。<sup>②</sup>根据这篇研究文章的相关背景信息,这种类型的记忆与液化智力联系紧密,两者具有同样的大脑活动轨迹。因此研究人员认为,提高实用记忆力有可能会提高液化智力的提高。

首先,他们用标准测试法测量了四组志愿者的液化智力水平。然后,他们用一种儿童纸牌游戏对每组进行了复杂记忆活动训练。参试者要记住同时出现的听觉和视觉刺激物,并且于测试后进行回忆。<sup>③</sup>

游戏的设计是,如果参与者赢了,任务则会变难;而如果他们失败,任务则会变得简单。这就使得游戏的难度可以根据每个参与者调整,从而使游戏既保持在较高难度水平,又不致使参与者丧失信心和动力。这四个小组每天训练半小时,训练分别进行了8天、12天、17天和19天。在每次训练后,研究人员会再次测试参与者的液化智力。为了确定被试者不只提高了自身的应试技能,研究人员将他们与未经训练的控制组进行了对比。<sup>④</sup>

星期一发表在《美国国家科学院院刊》上的研究结果令人惊讶。尽管控制组也可能因为进行过测试练习而取得了进步,但训练组的进步幅度要大得多。而且,参与者参加训练的时间越长,所得的分数越高。无论参与者原本水平如何,他们的成绩都显示出了明显的进步。

“智力一直被视为是一个无法改变的遗传特征”,密歇根大学的心理学博士后苏珊·耶基与论文的合作者说,“我们的结果显示,人们可以通过进行适当的训练达到增强智力的目的。”

智力训练为什么有用呢?作者指出了在解决新问题的能力训练中值得关注的几个方面:忽略无关项目,监控实际表现,同时对两个活动进行控制,把相关项目从空间和时间上联系起来。<sup>⑤</sup>

In the drinking study, published on December 5 in *Public Health*, two researchers analyzed data on 8,236 nonsmokers from the National Health and Nutrition Examination Survey, which includes direct measurement of body mass index (weight in kilograms divided by height in meters squared). Current drinkers were 27 percent less likely than abstainers to be obese.

That average conceals a more complicated picture: Although subjects who reported consumption of one or two drinks a day were substantially less likely to be obese than abstainers, those who said they had three drinks a day were about as likely to be obese, while those who said they had four or more drinks a day were substantially more likely to be obese.<sup>①</sup> Since alcohol consumption was self-reported, the actual levels may be higher, but the trend of risk falling and then rising with the amount of drinking seems clear.

As one skeptic pointed out in a *Health Day* story about the study, this association is counterintuitive, since “alcohol is very energy-dense”, containing seven calories per gram, compared to nine for fat and four for protein and carbohydrate. Yet other studies, based on self-reported height and weight, have yielded similar results.

Alcohol per se may not make people thin. But if people have after-dinner drinks instead of fat-rich desserts, the upshot might be lower calorie intake. Or it could simply be that the sort of people who consume alcohol moderately also tend to consume food moderately, unlike people who drink to excess or who abstain because they're afraid of losing control.<sup>②</sup>

Fortunately for those who need an excuse to have a drink, the beneficial health effects of alcohol consumption go beyond the association with lower weight. Many studies have found that moderate drinking reduces the risk of cardiovascular disease, for example, possibly through its impact on cholesterol.

Although alcohol can be at least partly redeemed, it seems tobacco has been irrevocably condemned. Explaining the World Health Organization's new policy against hiring anyone who admits to using tobacco in any form, a WHO spokesman said: “With tobacco, there is no middle ground. It is black and white.”

From WHO's perspective, then, the occasional cigar is indistinguishable from a pack-a-day cigarette habit, even though the hazards are vastly different. When you combine this blind botanical prejudice with health-above-all puritanism, you get the self-righteous intolerance displayed by the typical anti-smoking activist.<sup>③</sup>

【392 words】

- According to the drinking study, alcohol is \_\_\_\_\_.  
A. generally associated with lower weight  
B. influential in the lifestyle of nonsmokers  
C. likely to be rejected by most nonsmokers  
D. beneficial to the health of average people
- It is shown that the risk of obesity \_\_\_\_\_ with the increase of alcohol consumption.  
A. falls                      B. rises                      C. varies                      D. rebounds
- It is inconsistent with intuition that alcohol \_\_\_\_\_.  
A. makes people thin  
B. makes people obese  
C. saves food consumption  
D. contains more calories than food
- By saying “It is black and white”, the WHO spokesman meant that \_\_\_\_\_.  
A. the condemnation of tobacco is justifiable

- B. nobody in WHO uses tobacco in any form  
C. tobacco is not beneficial at all to our health  
D. using tobacco is completely banned in WHO
5. The “blind botanical prejudice” in the last paragraph refers to the notion that occasional smoking is \_\_\_\_\_.  
A. less harmful than heavy smoking  
B. as intolerable as frequent smoking  
C. as harmful as smoking a lot everyday  
D. strikingly similar to frequent smoking

## 难词注释

abstainer	/əb'steinə/	<i>n.</i>	节制者,戒酒者
cardiovascular	/kɑ:diəu'væskjulə/	<i>adj.</i>	心脏血管的
counterintuitive	/kauntərin'tju:itiv/	<i>adj.</i>	违反直觉的
irrevocably	/i'revəkəbəlɪ/	<i>adv.</i>	不能取消地,不能撤回地
obese	/əu'bi:s/	<i>adj.</i>	肥胖的
per se	/pə:'sei/	<i>adv.</i>	本身,本质上
puritanism	/pjuəritənizəm/	<i>n.</i>	清教,清教徒主义
redeem	/ri'di:m/	<i>vt.</i>	挽回,恢复,补救

## 难句剖析

① [Although subjects (who reported consumption of one or two drinks a day) were substantially less likely to be obese than abstainers], <sup>1)</sup> those [who said (they had three drinks a day)] were about as likely to be obese, while <sup>2)</sup> those [who said (they had four or more drinks a day)] were substantially more likely to be obese.

【结构】方括号所标示的“Although subjects ... abstainers”是让步状语从句;圆括号所标示的“who reported ... a day”是“subjects”的后置定语从句。此句的主句是由逗号和“while”连接的两个分句组成的并列句。方括号所标示的“who said ... a day”是“those”的后置定语从句;圆括号所标示的“they had ... a day”是“said”的宾语从句。

【释义】虽然与禁酒者相比,那些称自己每天只喝一两次酒的受测试者明显不易发胖,然而那些每天喝三次酒的人和禁酒者一样容易发胖,而那些每天喝四次或更多次酒的人甚至比禁酒者更易发胖。

② Or it could simply be [that the sort of people (who consume alcohol moderately) also tend to consume food moderately, unlike people (who drink to excess) or (who abstain (because they're afraid of losing control))].

【结构】方括号所标示的部分是表语从句。圆括号所标示的“who consume alcohol moderately”是“the sort of people”的后置定语从句;圆括号所标示的“who drink to excess”和“who abstain ...”是“people”的两个并列的后置定语从句。尖括号所标示的部分是其中的原因状语从句。

【释义】或者可能只不过是,饮酒适度的人吃东西也往往适度,与那些毫无节制饮酒的人不一样,与那些害怕失去控制而根本不饮酒的人也不一样。

③ [When you combine this blind botanical prejudice with health-above-all Puritanism], you get the self-righteous intolerance [displayed by the typical anti-smoking activist].

【结构】方括号所标示的“When you ... Puritanism”是原因状语从句。方括号所标示的过去分词短语“displayed by ... activist”是“intolerance”的后置定语。

【释义】把这种偏激的植物学偏见与健康至上的清教徒主义相结合,就产生了自以为正确的不能容忍性。而典型的激进反对吸烟者表现出的正是这种不能容忍性。

## 答案解析

1. A 根据第一段最后一句“Current drinkers were 27 percent less likely than abstainers to be obese”, A 应为答案。
2. C 根据第二段最后一句“... but the trend of risk falling and then rising with the amount of drinking seems clear”, C 应为答案。
3. A 根据第三段第一句“... this association is counterintuitive, since ‘alcohol is very energy-dense,’ containing seven calories per gram ...”, A 应为答案。
4. D 根据第六段第二句“Explaining the ... new policy against hiring anyone who admits to using tobacco in any form, a WHO spokesman said: ‘... It is black and white’”的上下文, D 应为答案。
5. B 根据最后一段中的“... the occasional cigar is indistinguishable from a pack-a-day cigarette habit, even though the hazards are vastly different. When you combine this blind botanical prejudice with ...”, B 应为答案。

## 全文翻译

在发表于 12 月 5 日《公众健康》上的一篇有关饮酒研究的文章中,两位学者对 8236 位不抽烟者的数据进行了分析。资料来源于全国健康营养普查,其中包括直接测量的体重指数(体重的公斤数除以身高米数的平方)。研究表明,当前饮酒者比戒酒者患肥胖症的几率低 27%。

这一平均数隐瞒了一个更复杂的情况:虽然与禁酒者相比,那些称自己每天只喝一两次酒的受测试者明显不易发胖,然而那些每天喝三次酒的人和禁酒者一样容易发胖,而那些每天喝四次或更多次酒的人甚至比禁酒者更易发胖。<sup>①</sup>由于饮酒情况的数据由接受测试者提供,实际水平可能更高,但是风险趋势与饮酒次数成正比关系,这一点似乎是明确的。

正如一位持怀疑态度的人在《健康日》关于此项研究的报道中所指出的,这种联系与直觉刚好相反,因为“酒精热量很高”,每克酒精含 7 卡热,而每克脂肪含 9 卡,每克蛋白质和碳水化合物含 4 卡。不过,根据受试者自己填报的身高和体重而做的其他研究得出的结果与此相似。

酒精本身并不能使人减肥。但是,餐后如果不吃高脂肪的甜点,而喝点酒,其结果可能就会减少热量的摄入。或者可能只不过是,饮酒适度的人吃东西也往往适度,与那些毫无节制饮酒的人不一样,与那些害怕失去控制而根本不饮酒的人也不一样。<sup>②</sup>

幸运的是,对于那些想找借口喝酒的人来说,喝酒对健康的益处胜过其与减轻体重的关联。例如,许多研究发现,适当饮酒,可能由于酒精对胆固醇的影响,可以减少心血管病的发病率。

虽然酒并不是有百害而无一利,烟草却是不可避免地遭受谴责。在解释世界卫生组织有关反对雇用承认以任何形式吸食烟草的人员这一新政策时,一位组织发言人说道:“在烟草问题上没有任何中间立场可言。”

在世界卫生组织看来,偶尔吸根烟与一天抽一包烟没有区别,尽管两者带来的危害是天壤之别。把这种偏激的植物学偏见与健康至上的清教徒主义相结合,就产生了自以为是的不可容忍性。而典型的反对吸烟激进分子表现出的正是这种不可容忍性。<sup>③</sup>

## EXERCISE 003

*Zeal without knowledge is fire without light.*

热情而无知，犹如无光之火。

# 220

阅读理解A节

上篇

The best solution is to stop pretending that people's personal information, such as Social Security account numbers and birth dates, constitutes a universal secret password.<sup>①</sup> The phrase "universal secret" is an oxymoron. For online business transactions, the consumer must be allowed to use a password of his own creation and have procedures in place for changing these passwords in case of suspected compromise.

Any Computer Science student worth his salt will tell you not to use your Social Security account number or birth date as a password. Why allow financial institutions and government agencies to do something in your stead that you're advised not to do for yourself?

There's also an answer to the problem of criminals fraudulently opening new accounts: states should pass laws that make institutions verify a person's residence before establishing any form of new credit. As things stand now, criminals can often contact financial institutions via the phone or the Internet, pretend to be you by knowing a few pieces of your personal data, and establish a credit line. Financial institutions should be required to "physically contact" customers to establish identification. Obviously, this could be done through having potential customers come in for face-to-face meetings, but it could also be done via the use of mail, perhaps certified.

There are constitutionally allowable measures that can be enacted at the federal level to reduce ID fraud. Federal politicians, in a like manner to state ones, should consider submitting bills calling for all federal agencies to immediately cease using Social Security account numbers and birth dates as universal passwords.<sup>②</sup>

Congress should also take steps to employ only the most rigorously scrupulous employees, eliminating hiring practices that include non-job-relevant hiring preferences and to hire employees based only on job-relevant criteria, such as their ability to do the job and their loyalty to the United States of America.<sup>③</sup>

Congress should also take steps to enforce our immigration laws by deporting all illegal immigrants—especially those who have worked their way into our information infrastructure. If they're dishonest enough to be here in violation of our immigration laws, they're probably a high risk for doing something dishonest with American citizens' personal data. Congress also needs to review the impact of our current immigration laws that allow large numbers of foreigners, even some from terrorist-exporting nations, to come into our country legally via such programs as H1 and L1 and become part of our information infrastructure.<sup>④</sup>

Without appropriate action, ID fraud as we know it today may become a mere steppingstone on a course to even greater abuses of consumers by large companies that are politically well-connected.<sup>⑤</sup>

【435 words】

1. The author argues that people's personal information \_\_\_\_\_.  
A. may be suspected as a compromise  
B. may serve as a temporary password  
C. can hardly be a universal secret password  
D. should not be disclosed to any institutions
2. By saying "someone worth his salt", the author refers to someone \_\_\_\_\_.  
A. doing his job well  
B. much knowledgeable  
C. deserving more credit  
D. ordinary and industrious
3. In the face of criminal's fraudulent behavior, financial institutions should \_\_\_\_\_.  
A. verify the identification of the customers physically  
B. make contact with the potential customers via phone  
C. pay a visit to the residence of each customer at intervals  
D. keep in touch with their customers frequently by all means
4. The high risk for the fraudulent use of personal data roots in \_\_\_\_\_.

- A. the hiring practices prevailing in the U. S.      B. the lack of effective preventive measures  
C. the enforcement of current immigration laws      D. financial institutions and government agencies
5. The author points out in the text that ID fraud \_\_\_\_\_.  
A. increases as a result of the rampant terrorist activities  
B. will inevitably lead to even greater abuses of customers  
C. can be remarkably reduced by adopting decisive measures  
D. occurs predominantly among immigrants from poor nations

### 难词注释

deport	/di'pɔ:t/	vt.	驱逐出境
enact	/i'nækt/	vt.	制定法律,颁布
fraudulently	/frɒdjələntli/	adv.	欺骗性地,欺诈性地
infrastructure	/ɪnfra'strʌktʃə/	n.	基本设施
oxymoron	/ɒksɪ'mɔ:rən/	n.	[语](修辞中的)矛盾修饰法
scrupulous	/skru:pjələs/	adj.	小心谨慎的,细心的
violation	/vaɪə'leɪʃən/	n.	违反,违背

### 难句剖析

① The best solution is [to stop pretending (that people's personal information, such as Social Security account numbers and birth dates, constitutes a universal secret password)].

**【结构】**方括号所标示的动词不定式短语“to stop ... secret password”用做表语。圆括号所标示的“that people's personal information ... secret password”用做动名词“pretending”的宾语从句。

**【释义】**不要自认为人们通常都用个人信息,比如社会保险账号和出生日期,当做通用密码。这才是解决问题的最佳途径。

② Federal politicians, in a like manner to state ones, should consider [submitting bills (calling for all federal agencies (to immediately cease using Social Security account numbers and birth dates as universal passwords))].

**【结构】**“in like manner”的意思是“同样地”;“state”是形容词,意思是“正式的”;“ones”指“manners”。方括号所标示的动名词短语“submitting bills ... universal passwords”用做谓语动词“consider”的宾语。圆括号所标示的现在分词短语“calling for ... universal passwords”用做“bills”的后置定语。尖括号所标示的动词不定式短语“to immediately cease ... universal passwords”用做现在分词“calling for ...”的宾语补足语。

**【释义】**联邦政治家应该考虑,就如同各州的政治家们一样,提交议案,呼吁所有联邦机构马上停止使用社会保险账号和出生日期当做通用密码。

③ Congress should also take steps <sup>1)</sup> to employ only the most rigorously scrupulous employees, [eliminating hiring practices (that include non-job-relevant hiring preferences)] and <sup>2)</sup> to hire employees [based only on job-relevant criteria, such as their ability to do the job and their loyalty to the United States of America].

**【结构】**用“and”连接的两个并列的动词不定式短语“to employ ...”和“to hire ...”用做目的状语。方括号所标示的现在分词短语“eliminating hiring practices ... preferences”在第一个动词不定式短语“to employ ...”中用做补充说明状语,其中,圆括号所标示的“that include ... preferences”用做“practices”的后置定语从句。方括号所标示的过去分词短语“based only on ...”在第二个动词不定式短语“to hire ...”中用做状语。

**【释义】**国会还应采取措施,只聘用办事最认真的雇员。聘用雇员时,绝不涉及与工作无关的因素,只依据与工作相关的标准,比如从事该项工作的能力以及对美国的忠诚程度等。

④ Congress also needs to review the impact of our current immigration laws [that allow large numbers of foreigners, even some from terrorist-exporting nations, <sup>1)</sup> to come into our country legally via such programs as H1 and L1 and <sup>2)</sup> become part of our information infrastructure].