

王家庆 编著

★ 博士英语系列

# 大学英语 四级阅读精解 60篇

花最少的时间，获得最大的效果！

English

W 世界图书出版公司

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# 大学英语 四级阅读精解 60篇

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# 序 言

听、说、读、写——学习英语四大要事。

也许你曾听国内或英美专家说起这四大要事的重要顺序就是听、说、读、写，于是你抱着录音机、复读机听磁带和复诵，然后你会发现你的英语还是不怎么样。因为当你听广播电视英语新闻的时候，你还是听不懂；跟外国人寒暄时，你还是手足无措。

其实学英语的关键在于你的学习欲和毅力。学习欲望谁都有，但能坚持下来的不多。这就是为什么中国大陆“人人学英语，个个不会说”的原因。

那些不能坚持下来的，很重要的原因就是受到挫折感的打击。挫折感的因素很多，例如你梦想着学英语有捷径能速成，但后来你发现其实是没有的。例如，你花了很多时间听磁带，跟着读，结果你上了国外网站还是一片茫然。

学习英语其实没有什么固定的“最好”方法，一切因学习环境而定。你如果置身一个完全讲英语的环境中，那么“听、说、读、写”确实是你学习的优先次序。但你如果是在中国，置身于一个全凭自己“创造”出来的英语学习环境中，那么过分强调听和说是不切实际的。最重要、最根本的方法还是“阅读”。

通过阅读，你将能够掌握许多的词汇量和语法知识，这对你上国外网站猎取新知或者听英语新闻或者学习口语都提供了最扎实的基础。如果你打算到国外进修，那么你会发现一开始在课堂上你很难完全掌握教授的讲课内容，而是必须自己阅读。尤其西方国家大学里很强调学生“解决问题的能力”，因此你将面对大量的参考书目、期刊论文、写报告等等训练，而这些无一不需要快速阅读和理解的能力。

再以国内来讲，无论是考研、四级、六级、托福、GRE、雅思、口译证书，等等，无一不是以阅读能力作为最重要的评量标准。

我在美国获得博士学位，并且在美国居住了很长时间，自信对美国人和美国文化比较了解。我编写的这一套“博士英语系列”取材自美国权威媒体上的文章，内容遍及政治、经济、社会、文化、法律、科学、科技、



军事、环保、生态、两性关系、运动健康等方面,如此可以让读者全方位地学习英语,并且了解以美国为主的西方社会文化概况和重大世界性议题。其中不少很难单从查字典了解的地方我都特别着重加以说明和翻译。

相信读完之后你会发现上英美网站和听英语新闻都已经不再一头雾水,你会有学习的成就感,于是你会有更高的学习欲望,让自己的英语日益精进。

这本《大学英语四级阅读精解 60 篇》有以下特点:

- 以 2001 年以来时事新闻为取材目标,内容新颖,题材宽广,词汇量大,应用性强。

- 共分 60 单元,适合大学程度学生及社会人士。读者可根据自身程度先选择较短较浅的开始。

- 题材分为《自然保育》6 篇,《环保》7 篇,《科学》16 篇,《科技》4 篇,《财经》3 篇,《社会》9 篇,《文化》3 篇,《军事》3 篇,《医药健康》9 篇。

- 每篇都有详尽的字词注释及难句翻译,使读者可以花最少的时间,获得最大的效果。

学习方法:

1. 先不要看字词注释和难句翻译,尝试自己阅读,看看能理解多少。

2. 先整段整段读,待全篇大致浏览一遍以后再精读。

3. 阅读时养成眼口并用的习惯,就是一面眼睛“阅”,一面嘴中“读”。这对你以后练习口语有很大的帮助。

4. 精读时要整句整句读,不要一碰到陌生词汇就看注释。即使句子里面有一两个陌生单词,你还是要锻炼自己从上下文意去猜测那个单词的意思,这种锻炼是很必要的。碰到较长较难句子时不要慌,找到主语、动词、宾语、补语、定语、状语,等等,锻炼分析句子的能力。你能分析句子了,你也就了解句子内容了。

5. 如果你能把这本书精读完毕,你将拥有四级以上英语能力并且可以去国外网站获取新知。祝福大家。

编者

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# 自然保育





# Why We Are Fat

## 我们为什么越来越胖

### 注 释

An economist explains the supersize<sup>①</sup> society. Georgia is the home state<sup>②</sup> of cornbread<sup>③</sup>, barbecue<sup>④</sup>, peach pie<sup>⑤</sup>, and a whole lot of really fat people — 21.1 percent of the state's population, to be exact, is obese<sup>⑥</sup>. Ten years ago, the cornbread, barbecue, and peach pie were all just as good as they are now, but only 9.5 percent of Georgians were obese. What changed?

Whatever changed, it changed everywhere. Obesity<sup>⑦</sup> is skyrocketing<sup>⑧</sup> in every age group, in every race, in both genders<sup>⑨</sup>, and in every state of the union. The most obese region in the country remains the South — four of the five most obese states are below the Mason-Dixon line<sup>⑩</sup> — but the spectacular recent growth in obesity is nationwide, led by Georgia but followed by New Mexico, Virginia, California, and Vermont. In 1991, a little over 12 percent of the country was obese; by 1999, it was almost 20 percent.

### THE SUPER-SIZE SOCIETY

OK, so what's changed in the past decade or so? Well, one thing that's changed is the portion sizes at fast food joints like McDonald's. In 1970, McDonald's offered one size of French fries<sup>⑪</sup>; today that size is called "small." Even-

- ① 超大尺寸
- ② 起源地的州
- ③ 玉米面包
- ④ /'bɑ:bɪkjʊ:/ 用烤肉架烤肉的方式, (在篝火或地灶上烤炙的) 烤肉
- ⑤ 桃子馅饼
- ⑥ /əʊ'bi:s/ 过度肥胖的
- ⑦ /əʊ'bi:sɪti/ 肥胖症
- ⑧ 猛涨
- ⑨ 男女两性
- ⑩ 梅森-狄克森线(美国过去南方北方的分界线)

- ⑪ 炸薯条



## 注 释

System and more than 3,600 areas under similar protection<sup>②④</sup> around the globe<sup>②⑦</sup>. National parks and other public lands shelter<sup>②⑥</sup> well over half of the plant and animal species in North America. More than 80 countries have established several hundred biosphere reserves<sup>②②</sup> specifically to protect biological diversity.

The values of this diversity in parks are legion<sup>③①</sup>: the value of nature for its own sake<sup>③①</sup>, a source of wonder and enjoyment<sup>③②</sup>; the value of learning about the workings of nature in places<sup>③③</sup> largely free of human influence<sup>③④</sup>, for comparison with landscapes dominated by humans<sup>③⑤</sup>; the survival value of multitudes of<sup>③⑥</sup> wild species that flourish<sup>③⑦</sup> as natural systems helping regulate<sup>③⑧</sup> climate, air quality, and cycles of carbon, nitrogen, oxygen, mineral elements, and water—all fundamental to<sup>③⑨</sup> life on earth. There is economic value in these same plants and animals. They are potential sources of food, medicine, and industrial products<sup>④①</sup>. Parks protect the species and their communities<sup>④②</sup> that underlie<sup>④③</sup> these values—serving if necessary as reservoirs of seed stock for restoring species lost elsewhere<sup>④④</sup>.

- ②③ 从事一项新实验
- ②④ 留出, 拨出
- ②⑤ 依照它原来的状况
- ②⑥ /prə'tekʃən/ 保护
- ②⑦ 在全球范围内
- ②⑧ /'ʃɛltə/ v. 庇护 n. 庇护所, 栖身处
- ②⑨ 生物圈保护区

- ③① /'li:dʒən/ 众多
- ③② 出于它自身的考虑
- ③③ 奇妙与欢乐的资源
- ③④ 自发进行的自然界运作
- ③⑤ 大致来讲没有人为的干预
- ③⑥ 比较自然区的地貌与人类居住区有何不同
- ③⑦ 大量的
- ③⑧ /'flaɪf/ 繁荣, 茂盛
- ③⑨ /'regjuleɪt/ 调节

- ③⑨ 对……是最基本的条件
- ④① 潜在的食物、医药和工业产品的资源
- ④② 群落, 群聚, 社区
- ④③ /'ʌndə'laɪ/ 成为……的基础
- ④④ 必要时可当作种子(基因)仓库, 如果别的地方的某个物种全死了, 那么就可以拿国家公园的生物去当地复原

# Background on Endangered<sup>①</sup> Species

## 濒危物种的背景故事

### 注 释

Extinction<sup>②</sup> is forever. It means the dying out of a species<sup>③</sup> of any living thing<sup>④</sup>. It is the complete disappearance of a species from the Earth. Animals that are endangered are those in immediate danger of<sup>⑤</sup> becoming extinct if something isn't done to save them. Threatened animals and plants<sup>⑥</sup> are those that are greatly reduced in number<sup>⑦</sup> in their natural range or ecosystem<sup>⑧</sup>.

Fossils<sup>⑨</sup>, which are the remains of prehistoric animals and plants<sup>⑩</sup>, show that extinction have occurred throughout earth's history. Natural disasters, such as volcanic eruptions<sup>⑪</sup> or changes in the climate<sup>⑫</sup>, cause extinction. Organisms that cannot adapt to the changes die.<sup>⑬</sup>

A large scale<sup>⑭</sup> extinction occurred about 65 million years ago<sup>⑮</sup>, when the dinosaurs died out<sup>⑯</sup>. One current theory<sup>⑰</sup> is that a meteorite<sup>⑱</sup> collided with<sup>⑲</sup> the earth, creating a cloud of dust<sup>⑳</sup> that encircle<sup>㉑</sup> the earth for several years. The cloud blocked<sup>㉒</sup> the sun's light and caused temperatures to fall, resulting in<sup>㉓</sup> the death of many kinds of plants and animals.

Extinction has been occurring naturally for millions of years and it continues to do so today. The current problem is that species are be-

① /ɪk'stɪŋkʃən/ 濒临危险的

② 绝灭

③ 物种绝灭

④ 有生命生物

⑤ 立即面临着的危险

⑥ 受威胁的动植物

⑦ 在数量上大幅度减少

⑧ 在它们的自然栖息范围内或是生态系统内

⑨ 化石

⑩ 史前动植物的遗骸

⑪ 火山喷发

⑫ 气候变化

⑬ 无法适应环境变化的生物就只能死亡灭绝。

⑭ 大规模的

⑮ 发生于6.5亿年前

⑯ 恐龙灭绝

⑰ 现行的理论

⑱ /'mi:təraɪt/ 陨石

⑲ 碰撞

㉑ 灰尘云层

㉒ /ɪn'sa:kl/ 环绕

㉓ 阻碍, 阻挠, 封锁, 阻止

㉔ 造成



## 注 释

coming extinct because of humans.<sup>24</sup> One reason is that there are more people on the earth every day. More people require more space to live in<sup>25</sup> and more natural resources, such as land to farm or build on<sup>26</sup>. Other organisms have to compete with<sup>27</sup> people for space and natural resources. People usually win.

Another way humans are endangering animals is by changing the environment. Each species has special adaptations<sup>28</sup> suited to<sup>29</sup> its habitat. If this habitat is quickly changed, the organism may not be able to adapt and so it dies. Look around your neighborhood<sup>30</sup>. The buildings for house and stores and the parking lots and streets cover land that was once the home of plants and animals.<sup>31</sup> Those not able to find new food and shelter die out.

Extinction can also come about<sup>32</sup> because of pollution. Again, the source of this problem can be people. Examples of human caused pollutants<sup>33</sup> that are endangering animals are as follows:

Pesticides<sup>34</sup> are used to get rid of "pest"<sup>35</sup> species, but the poison often harms more than just the pest<sup>36</sup>.

Chemicals dumped into<sup>37</sup> waterways<sup>38</sup> not only affect drinking water supplies<sup>39</sup> for people but can also poison birds, fish, plants and other life forms<sup>40</sup>, as well as the animals that eat these organisms.

Oil spills<sup>41</sup> in both fresh and marine environ-

24 现在的问题是物种正由于人类的影响而面临灭绝的危机。

25 更大的居住空间

26 用来耕种和建筑用的土地

27 与……竞争

28 适应

29 适合于

30 环顾你的周围地区

31 房屋和商店等建筑物以及停车场和街道所覆盖的土地曾经是动植物的家园。

32 发生

33 污染物

34 杀虫剂

35 /pest/ 害虫

36 不仅仅是害虫而已

37 倾倒入

38 水道

39 饮用水的供应

40 生物种类

41 漏油



## 注 释

ments<sup>④②</sup> threaten and have long lasting effects<sup>④③</sup> on the lives of many species.

Polluting gases<sup>④④</sup> from the burning of fossil fuels<sup>④⑤</sup> affect all living organisms.

Waste that finds its way into oceans, lakes, and ponds can be mistaken by animals as food<sup>④⑥</sup>. Plastic and other waste items can be deadly to animals.

④② 淡水及海水生态环境

④③ 长期后果

④④ 污染性气体

④⑤ 化石燃料, 如煤、石油、天然气

④⑥ 被动物误食



# The Eroding Foundation of Life

## 正被侵蚀中的生命的基础

### 注 释

Almost unnoticed<sup>①</sup>, the earth's living wealth<sup>②</sup> is slipping away<sup>③</sup>. As human populations expand and intensify<sup>④</sup> their use of the land, species of wild things<sup>⑤</sup> and their habitats disappear. With them go not only the beauty and variety of life created over millions of years but also environmental stability and untold potential for supplying human needs.<sup>⑥</sup> Wild plants and animals are the basis of our food, many of our medicines, and countless<sup>⑦</sup> industrial products. As wildlife vanishes<sup>⑧</sup>, our own life is impoverished<sup>⑨</sup>, if not imperiled<sup>⑩</sup>.

When scientists speak of biological diversity they simply mean variety of life<sup>⑪</sup>: variety of species and their genetic variation, and variety of communities of plants and animals. Over billions of years, the earth has been enriched with<sup>⑫</sup> an abundance of<sup>⑬</sup> life forms. As different forms of life evolved<sup>⑭</sup>, others died out—became extinct. Sometimes cataclysmic events<sup>⑮</sup> like asteroid<sup>⑯</sup> strikes<sup>⑰</sup>, abrupt climate changes<sup>⑱</sup>, or the advance of ice sheets<sup>⑲</sup> caused mass extinctions<sup>⑳</sup>. When this happened, new species evolved that were adapted to the changed environment<sup>㉑</sup>.

Today we are witnessing<sup>㉒</sup> another extinction

- ① 不被注意的
- ② 活生生的财富
- ③ 溜走了
- ④ /ɪn'tensɪfaɪ/ 加强
- ⑤ 野生物种
- ⑥ 与它们一起消失的不仅仅是花了几百万年的时间才形成的生命的美丽与丰富多彩,那些环境的稳定和难以估算的供给人类需要的潜在能力也都消失了。
- ⑦ 无法计算的
- ⑧ 消失
- ⑨ 使贫困,使枯竭
- ⑩ 就算不是陷入危险
- ⑪ 生命的各种各样形式

- ⑫ 使丰富
- ⑬ 大量的
- ⑭ 演化
- ⑮ 大变动事件
- ⑯ 小行星
- ⑰ 撞击(地球)
- ⑱ 突然的气候变化
- ⑲ 冰原
- ㉑ 大绝灭
- ㉒ 改变后的环境
- ㉓ 我们正在见证着