

新东方经典篇章

# 英语三项式快速阅读

——攻阅读、记单词、练翻译

## 200 词

刘五宁 主编  
彭 彤 编著

新词注释★难词练习★难句分析★长句详解

大学英语四级  
考试必备

阅读理解★多项选择★全文翻译★综合训练

经典篇章

# 英语三项式快速阅读

200词

攻阅读、记单词、练翻译

彭彤 编著

世界图书出版公司

北京·上海·广州·西安

**图书在版编目 (CIP) 数据**

英语三项式快速阅读 200 词 / 彭彤编著. —北京: 世界图书出版公司北京公司, 2003.9

ISBN 7-5062-6174-X

I. 英... II. 彭... III. 英语-阅读教学-高等学校-自学参考资料 IV. H319.4

中国版本图书馆 CIP 数据核字 (2003) 第 082494 号

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**英语三项式快速阅读 200 词**

编 著: 彭 彤

责任编辑: 孟淑贤 阿 坤

装帧设计: 立 群

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出 版: 世界图书出版公司北京公司

发 行: 世界图书出版公司北京公司

(北京朝内大街 137 号 邮编 100010 电话 64077922)

销 售: 各地新华书店和外文书店

印 刷: 北京市兆成印刷有限责任公司

---

开 本: 787 × 1092 毫米 1/16 印张: 13.25

字 数: 356 千

版 次: 2003 年 9 月第 1 版 2003 年 9 月第 1 次印刷

印 数: 1 - 20000

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ISBN 7-5062-6174-X/H·614

定价: 20.00 元

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# 前言

新东方校训:追求卓越,挑战极限;在绝望中寻找希望,人生终将辉煌。

校训让我们低头正视自己,抬头放眼希望;校训激励大家在平凡的起点上艰苦跋涉,去迎接人生的灿烂辉煌。同样的人生,却可以有大相径庭的人生道路。这其中一个重要的因素是个人的努力程度。把握自己,把我们的人生打造得灿烂辉煌。

时代的确变了,学习外语不再仅仅是应付考试。对许多人来说,是工作、生活的要求;对一些人来说,更是文化、精神的需要。英语阅读,帮我们打开地域界限,提供观察世界的窗口;英语阅读,帮我们开放文化眼界,感受时代与全球新风尚;英语阅读,帮我们提高人文素质,助我们确立自己的人生位置与目标。读与不读,大不一样。

正是出于这样的考虑,我们精心选编了这套丛书。

本套书特点:

1. 丛书按照大学英语教学大纲要求,把握阅读速度、难度、词汇量,以高考、4、6级、研究生国家考试大纲要求和考试题型为模板,确定阅读篇幅,设计题目和练习题。

2. 考虑到读者语言程度的不同,我们按篇幅长短分别成书:100词、200词、300词、400词和500词各自一本,一套五本,由读者选用;各册书均由三部分组成——测试篇、培养篇和提高篇。

3. 各册书阅读文章词数、难度、翻译量按各部分逐步增加。每篇文章后都有阅读训练、词汇练习、短句翻译、词汇注释、难点选评、全文译文和习题答案。

4. 本丛书由青年学者参加编著,因此选注的文章正是同龄人的兴趣所在,可以满足广大青年读者的要求。全套书选材广泛,题材时代感强:书中既有活跃世界政治舞台的风云人物,又有国内的经济弄潮儿;有核工业的事件,还有农业基因改造的法规……书中有读者感兴趣的东西。

5. 本册书既着眼于考试,更着眼于读者的兴趣与发展。选材语言材料丰富,揉和了英语教学中精读、泛读和快速阅读的综合要求。它有精读的细致讲解、泛读的题材广泛多样,还有快速阅读的练习速度要求。

本套丛书由于溪滨老师总体策划,由黄培辰、彭彤、邹映辉、程云艳、刘五宁、杨舒、祝旬、孙国男等老师编写而成。新东方图书事业部主任蔡菁老师为丛书的出版倾注了心血,孙轶、刘才、王超、李蕾也贡献了自己的力量。

在编书过程中,我们参考了许多国内外的书籍。在此,我们向所有这些学者、朋友真诚致谢!对于出版社在丛书的编辑出版工作中所给予的大力支持,我们也深表感谢。由于时间仓促,难免有疏漏之处,敬请广大读者、同行批评指正。

作者

2003年8月 北京

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# 第一部分

## 快速阅读能力测试篇

掀开一页纸，  
打开一叶窗，  
七彩的世界呈现在你的眼前。  
走出现在的自己，  
放飞未来的希望，  
打点行装，  
准备出发。





## Passage 1

Time required for reading: 3'29"

Time required for exercise: 10'

It was a few days prior to the big Goose Fair, and huge trailers loaded with complicated roundabout components and Dodgem cars rumbled into the city from all over the Midlands, converging on a large open tract of field near the city center. Goose Fair was the great time of the year, the one place where you met people you hadn't seen for years. But when I was a kid of six, I got lost on Goose Fair. I had a lot of fun though, because I went on all the roundabouts. About eleven o'clock I started to cry, and when I saw a copper I told him I was lost, and so he took me to Norwood police station. They gave me cakes and cups of tea because I was hungry, and when I'd had my fill I told them where I lived, and then they drove me home in a police van. I can still remember how good the cakes tasted. I pretended I didn't know where I lived till they had fed me. Coppers are all right when it comes to a thing like that, but they weren't so good to my cousin, because he once robbed nearly every gas and electric meter in one street, and when they caught him they hit him and made him tell them where he had hid the money. But it was already spent.

233 words

### 一、即读即练

#### 1. 多项选择(从四个答案中挑出最符合题意的选项)

1) What happened to the author when he was six years old?

- A. He went on all the roundabouts on the Fair.
- B. He was caught by a copper.
- C. He got lost on the Fair.
- D. He had cakes and cups of tea on the Fair.

2) What does "copper" mean in the passage?

- A. A metal.
- B. A policeman.
- C. A driver.
- D. An administrator.

3) Why did the author pretend not to know where he lived?

- A. Because he didn't trust the police.
- B. Because he didn't want to go home.
- C. Because he wanted to have something to eat and drink first.
- D. Because he was so frightened that he didn't dare to tell the police his address.

- 4) Why was the author's cousin brought to the police station?  
 A. Because he had broken the law.  
 B. Because he also got lost on the fair.  
 C. Because he had been robbed of some money.  
 D. Because he wanted to find something to eat and drink.
- 5) Where did his cousin hide the money?  
 A. In his car. B. Under one of the roundabouts .  
 C. At his home. D. Nowhere.

## 2. 词汇练习

- 1) \_\_\_\_\_ the revolutionary war, the United States was an English colony.  
 A. Previous B. Prior to C. As D. In front of
- 2) There is a \_\_\_\_\_ through the forest.  
 A. footprint B. course for racing C. track D. street
- 3) \_\_\_\_\_ computer programming, I know nothing.  
 A. When it comes to B. In spite of C. Regardless of D. Providing

## 二、词汇及词组解析

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1. prior ['praɪə(r)] adv. 在...之前    | 5. converge [kən'veɜ:dʒ] v. 会聚, 集中 |
| 2. trailer ['treɪlə(r)] n. 拖车       | 6. fill [fil] n. 饱, 满足, 充分         |
| 3. roundabout ['raʊndəbaʊt] n. 旋转木马 | 7. van [væn] n. 大篷货车               |
| 4. rumble ['rʌmb(ə)l] v. 隆隆响, 使辘辘行驶 |                                    |

## 三、长句、难句分析

1. It was a few days prior to the big Goose Fair, and huge trailers loaded with complicated roundabout components and Dodgem cars rumbled into the city from all over the Midlands, converging on a large open tract of field near the city center.

### 参考译文

离大型鹅市开市还有几天, 装满各种复杂旋转木马部件的巨型拖车及 Dodgem 小汽车由英国中部地区向城市隆隆开去, 这些车会集在通往市中心的附近开阔的田间道路上。

### 语法分析

这是一句由 and 连接的并列句, and 后面半句比较复杂, 需进一步分析。主语部分为 huge trailers 和 Dodgem cars, 而 huge trailers 又有一个过去分词短语 loaded with complicated roundabout components 作定语修饰它。谓语动词为 rumbled。现在分词 converging on a large open tract of field near the city center 作该句的伴随状语。

2. Goose Fair was the great time of the year, the one place where you met people you hadn't seen for years.

### 参考译文

鹅市是一年中的大事,是久违的人们重逢的地方。

### 语法分析

句子后半部分中的 the one place 是主语 Goose Fair 的同位语;由关系副词 where 引导的定语从句 where you met people 修饰 the one place;定语从句 you hadn't seen for years 修饰 people。

## Passage 2

Time required for reading: 3'49"

Time required for exercise: 10'

Obviously, several people received Nature's warning message before the Tangshan earthquake in 1976. But the messages could be interpreted in other ways—hot and muggy weather can make dogs and chickens restless, and several consecutive days of rain can cause well water to rise. People used explanations based on common sense to interpret these oddities.

The 1978 issue of *Earthquake Information Bulletin*, published by the U.S. Geological Survey, printed a humorous photograph of a chimpanzee with its eyes closed and mouth open, panic-stricken and wailing. The caption read, "Why can I predict earthquakes when seismologists can't?"

It's humanity's self-reproach. But people often forget: Humans are social animals, and even though they struggle against the same natural forces, they have to join together in order to manifest their strength. In a fight, an individual human is definitely inferior to an animal. Relying solely on his own instincts, a human can't outdo an animal.

If, before a mysterious and tremendous natural disaster like an earthquake, people don't form watch groups, and don't have relevant communication channels and procedures to collect and deal with unusual information concerning the natural world, how can they expect not to be suddenly, one by one, vanquished by that demon?

Always remember Nature's warnings!

207 words

### 一、即读即练

#### 1. 多项选择(从四个答案中挑出最符合题意的选项)

- 1) People who had received Nature's warning didn't take any action because \_\_\_\_\_.  
A. they didn't know what to do  
B. They explained the phenomena in other ways  
C. They were told not to do anything  
D. They didn't think that the earthquake would be so severe

- 2) What does the caption “Why can I predict earthquakes when seismologists can’t.” mean in the picture?
- A. Chimpanzees are much cleverer than human beings.
  - B. Human beings should feel ashamed as far as earthquake prediction is concerned.
  - C. Chimpanzees have more knowledge on earthquake than human seismologists.
  - D. Chimpanzees are very proud of their ability in predicting earthquake.
- 3) What should human beings do in order to show their strength?
- A. To learn more knowledge.
  - B. To work individually.
  - C. To work together.
  - D. To learn from animals.
- 4) Which of the following statements is not true?
- A. Before a natural disaster like earthquake, people should be kept awake all the night.
  - B. Before a natural disaster like earthquake, people should form watch groups.
  - C. Before a natural disaster like earthquake, people should work together.
  - D. Before a natural disaster like earthquake, people should have relevant communication channels and procedures to collect and deal with unusual information.
- 5) What is the passage mainly about?
- A. The Tangshan earthquake.
  - B. The chimpanzee's ability to predict earthquake.
  - C. How to predict earthquake.
  - D. Human beings should work together to deal with natural disasters like earthquake.

## 2. 词汇练习

- 1) The number 3, 4, 5 are \_\_\_\_\_.  
A. continual                      B. connected                      C. relative                      D. consecutive
- 2) She tried her best to escape \_\_\_\_\_ from others.  
A. approach                      B. reproach                      C. compliment                      D. approval
- 3) His work is mine \_\_\_\_\_.  
A. inferior to                      B. inferior than                      C. inferior with                      D. inferior as

## 二、词汇及词组解析

1. consecutive [kən'sekjətɪv] adj. 连续的, 接连不断的
2. oddity ['ɒdɪti] n. 奇特, 古怪
3. bulletin ['bʊlɪtn] n. 公告, 新闻简报
4. chimpanzee [tʃɪmpə'nzi:] n. 大猩猩
5. wail [weɪl] v. 号啕, 尖啸
6. caption ['kæpʃ(ə)n] n. (图片等)的解说词; (电影的)字幕
7. seismologist [saɪz'mələdʒɪst] n. 地震学者
8. reproach [rɪ'prəʊtʃ] v. 责备, 指责, 非难
9. manifest ['mænɪfest] v. 表明, 证明, 显示
10. outdo [aʊt'du:] v. 胜过, 超越
11. vanquish ['væŋkwɪʃ] v. 征服, 战胜
12. demon ['dɪmən] n. 恶魔

### 三、长句、难句分析

1. People used explanations based on common sense to interpret these oddities.

**参考译文**

人们用常识来解释这些怪现象。

**语法分析**

主要结构为 People used explanations to interpret these oddities. 过去分词 based on common sense 作为定语修饰宾语 explanations.

2. The 1978 issue of *Earthquake Information Bulletin*, published by the U.S. Geological Survey, printed a humorous photograph of a chimpanzee with its eyes closed and mouth open, panic-stricken and wailing.

**参考译文**

由美国地理调查协会出版的《地震信息发布》1978 年的一期中,刊登了一张幽默照片。一只大猩猩痛苦地闭着眼,张着嘴号叫。

**语法分析**

主要结构 The 1978 issue of *Earthquake Information Bulletin* printed a humorous photograph of a chimpanzee. 过去分词 published by the U.S. Geological Survey 作定语修饰主语, with its eyes closed and mouth open, panic-stricken and wailing 是一个 with + n. + ed (ing) 的结构,在句中作伴随状语。

### Passage 3

Time required for reading: 3'49"

Time required for exercise: 10'

The tunnel lies a half-mile underground. It is at the bottom of Essen's one-hundred-year-old Amalie shaft, and reaching it is something of an expedition. "Good luck!" the burly men around you call to one another as the party vanishes into the cavernous entrance. Helmeted and booted, equipped with a flashlight and a carbon monoxide mask, you descend for two hours via cart elevators, clanking miniature trains, and—most of the time—by hiking down ancient, arched passageways hewn from rock.

It is not a pleasant journey, nor is it entirely safe. Certainly mining conditions have improved since Amalie's first years, when men toiled in the bowels of the Ruhr (鲁尔) aided only by crude lamps, mules, and their own picks. Mechanization has changed all that. However, it has also permitted them to go deeper, and danger increases with depth. Each year four or five men die in this shaft. The air is thick with black powder, and the ignition of a single match here could bring catastro-

phe.

Approaching the face, the tunnel shrinks. You go to your knees, and then to your belly. At the same time, the temperature rises spectacularly.

There are over one hundred and fifty miles of such caves under Essen alone, and they are moving all the time; The city is literally founded on coal.

216 words

## 一、即读即练

### 1. 多项选择(从四个答案中挑出最符合题意的选项)

- 1) What did the author talk about?  
A. A journey in a channel. B. A journey under a mine.  
C. A journey in a cave on the mountain. D. A journey in a canal.
- 2) How long were the caves under Essen alone?  
A. A half mile. B. Four to five miles.  
C. One hundred miles. D. Over one hundred and fifty miles.
- 3) What was not used in the past when men toiled in the bowels of the Ruhr?  
A. Machines. B. Crude lamps. C. Mules. D. Picks.
- 4) Which of the following statement is true?  
A. Work there was dirty but quite safe.  
B. Work there was clean but dangerous.  
C. Work there was dirty and dangerous.  
D. Work there was neither dirty nor dangerous.
- 5) From the passage, we can see that mining is a(n) \_\_\_\_\_.  
A. pleasant job B. easy job C. interesting job D. hard job

### 2. 词汇练习

- 1) \_\_\_\_\_ everything they needed, the couple set off early in the morning.  
A. Equipped with B. Equipped in C. Equipping with D. Equipping in
- 2) Letters of congratulations \_\_\_\_\_ upon us like snowflakes.  
A. ascended B. came C. descended D. reached
- 3) The enemy \_\_\_\_\_ the camp under the cover of night.  
A. reproached B. got C. came D. approach

## 二、词汇及词组解析

1. tunnel [ə'tʌn(ə)l] n. 隧道, 坑道 探险(队)
2. shaft [ʃɑ:ft] n. 矿井, 竖井 4. burly ['bɜ:li] adj. 强壮的, 结实的
3. expedition [ekspi'diʃ(ə)n] n. 远征(队), 5. vanish ['væniʃ] v. 消失, 逐渐消散

6. cavernous ['kævənəs] adj. 洞穴状的, 深陷的

7. helmet ['helmit] n. 头盔

8. descend [di'send] v. 下来, 遗传, 屈尊

9. via ['vaɪə] prep. 经过, 取道

10. clank [klæŋk] v. 发当啷声

11. hew [hju:] v. 砍, 劈

12. toil [tɔɪl] n. 辛苦, 劳累, 苦工

13. bowel ['bauəl] n. 肠子

14. pick [pɪk] n. 镐

15. ignition [ɪg'niʃən] n. 点火, 着火

16. catastrophe [kə'tæstrəfi] n. 大灾难, 大祸

17. face [feɪs] n. 采掘面, 采矿或隧道工程中掘进的工作面

## 三、长句、难句分析

1. Helmeted and booted, equipped with a flashlight and a carbon monoxide mask, you descend for two hours via cart elevators, clanking miniature trains, and—most of the time—by hiking down ancient, arched passageways hewn from rock.

### 参考译文

戴着头盔, 穿着靴子, 别着马灯, 脸上戴着防一氧化碳的面罩, 花两个小时的时间, 坐着电梯, 当啷作响的小型火车, 但是大多数时候要步行下到从岩石中劈出来的古老的拱型巷道。

### 语法分析

Helmeted and booted, equipped with a flashlight and a carbon monoxide mask 为过去分词作全句的方式状语。主句部分主语为 you; 谓语动词为 descend; for two hours 为时间状语; via cart elevators... 和 by hiking... 为方式状语; clanking miniature trains 为 cart elevators 的同位语; 地点状语为 down ancient, arched passageways hewn from rock。

2. Certainly mining conditions have improved since Amalie's first years, when men toiled in the bowels of the Ruhr aided only by crude lamps, mules, and their own picks.

### 参考译文

当然与 Amalie 早年相比, 采矿条件有所改善。当年人们只能靠简陋的马灯、骡子和自己带的镐在鲁尔地区蜿蜒的巷道里辛苦地劳作。

### 语法分析

注意此句的时间关系, 第一句为现在完成时, 说明现在已经发生了变化; 第二句是一般过去时, 说明没有改善以前的状况。

## Passage 4

Time required for reading: 3'49"

Time required for exercise: 10'

Experts have long thought that depression could be bad for your heart. A new study demonstrates just how dangerous it can be. Brenda Penninx, a gerontologist at Wake Forest University, North Carolina, and her colleagues followed 2847 people over the age of 55—both with and without

heart disease—for four years in order to trace the effects of depression.

In the end, they found that people with major depression were at least three times as likely to die of heart disease as were patients who weren't depressed. Even subjects with mild depression experienced a fatality rate that was 50 per cent higher than normal.

Brenda Penninx isn't sure exactly what the connection between heart disease and depression is, but since depression can raise stress, and stress triggers an outpouring of the hormone cortisol, and this could cause heart rate and blood pressure to rise.

Other factors could also play a part: Depressed people are less likely to do physical exercise or eat right than those who do not suffer from the malady. "Depression deserves a lot more attention than it usually gets," Penninx warns. "It's a huge cardiac risk factor, so it's really crucial to take care of your emotions."

201 words

## 一、即读即练

### 1. 多项选择(从四个答案中挑出最符合题意的选项)

1) Why did Brenda Penninx and her colleagues follow 2847 over 55 years old?

- A. Because they wanted to know their physical conditions.
- B. Because the people all had heart disease.
- C. Because they wanted to know how depression affect people' hearts.
- D. Because 50 % of the people died of heart diseas.

2) Which of the following statements is true?

- A. Depression would cause pressure.
- B. Depression would cause blood pressure to go down.
- C. Depression had definite connection with heart disease.
- D. Mild depression is not at all harmful.

3) What does "malady" mean in the passage?

- A. Heart disease.
- B. Depression.
- C. Blood pressure.
- D. Stress.

4) What did we usually do concerning depression?

- A. We didn't pay much attention to it.
- B. We paid too much attention to it.
- C. We tried to avoid it.
- D. We simply ignored it.

5) What is the proper title of the passage?

- A. Heart Disease.
- B. Depression.
- C. Depression and Fatality Rate.
- D. Depression Hurts the Heart.



## 2. 词汇练习

- 1) His family can \_\_\_\_\_ its history back to the 10<sup>th</sup> century .  
 A. stem                      B. trace                      C. track                      D. find
- 2) The patient is \_\_\_\_\_ heart failure.  
 A. suffering in              B. suffering for              C. suffering from              D. suffering on
- 3) Such bad behavior \_\_\_\_\_ a beating.  
 A. is worthy of              B. needs                      C. is worth                      D. deserves

## 二、词汇及词组解析

- |   |                                   |
|---|-----------------------------------|
| 1. gerontologist [ˌdʒerənˈtɒlədʒɪst] n. 老年医学家 | 4. hormone ['hɔːməʊn] n. 荷尔蒙, 激素  |
| 2. subject ['sʌbdʒɪkt] n. 被试, 受试, 接受实验的人      | 5. cortisol ['kɔːtɪsɒl] n. 肾上腺皮质素 |
| 3. fatality rate 死亡率                          | 6. malady ['mælədi] n. 病, 疾病      |
|   | 7. cardiac ['kɑːdiæk] adj. 心脏的    |

## 三、长句、难句分析

In the end, they found that people with major depression were at least three times as likely to die of heart disease as were patients who weren't depressed.

### 参考译文

最终, 专家们发现极度压抑的人死于心脏病的可能性至少是没有忧郁症状的病人的三倍。

### 语法分析

这是一个 as...as 的比较句, 比较的是死于心脏病的可能性, 前者 people with major depression 死于心脏病的可能性是后者 patients who weren't depressed 的三倍。