



郑家顺考试捷径系列

(考试命题研究组 编)

COLLEGE ENGLISH TEST 4
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最新大学英语四级 全真题精讲

(第2版)

郑家顺/主编



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前 言

历年四级考试结果证明:要想考高分,必须做真题!

该书是在广泛征求多所高校四级强化班考生建议的基础上,通过我们在强化班教学的亲身体验而进行编写的。目前图书市场上大量的四级真题集,很多存在着答案错误、解析简单(根据原文轻松可知 A、B、D 是错的,因此 C 是对的)或冗长(如“该句的译文是”、“该题的答案是”等词语反复出现,浪费大量空间)等缺点。遇到疑难问题,则要查词典、问老师。不仅要花费很多时间与精力,还很难掌握考试规律。该书正弥补了这方面的不足,同时增加了四级解题技巧的精讲部分。

1. **题目**:收录了 2006 年 12 月到 2010 年 12 月的 9 套新题型四级实考试题。考生自测时每套试题须在 125 分钟内完成。(相关听力材料可免费下载使用,减轻学生负担)

2. **KEYS**:试卷后均有 KEYS,方便考生速查答案。

3. **难词脚注**:每套试题中的较难词汇做了中文脚注,且给出例句,以便考生更好地掌握。

4. **精讲**:解释部分为该书最显著的特色。

(Part I) 作文:给出写作思路点拨、范文及范文闪光点点拨,考生可熟悉行文套路,轻松面对四级作文。(Part III) 听力理解:给出录音的书面材料,答题依据在文中用黑体标出,指导考生学会听前猜测与分析。(Part II) 快速阅读、(Part IV) 深度阅读、(Part V) 完形填空三部分:①为便于考生理解原文,每篇均给出中文译文,主题或主题句均用黑体字注出。②选择项均用精练的语言给出答题依据,培养考生形成良好的定位阅读思维习惯。(Part VI) 翻译:给出多种翻译方法与视角,辨析语法及固定搭配。

因此该书省去了考生查词典、问老师等不必要的麻烦。通过做题,掌握应试技巧,举一反三,每周 2~3 套真题,1 个月有效突破四级考试难关,轻轻松松提高英语水平。

该书有助于考生对四级考试做题技巧的突破,也适用于六级、研究生入学、雅思与新托福考试以及具有中级英语水平的学生自学考试使用,同时也可作为强化班教师教学参考使用。

本书的解释、译句、例句都是经过反复推敲、实践,但不当之处在所难免,敬请广大读者、同行专家不吝指正,以便改进。

★ 欢迎本书读者光临“郑家顺英语博客”(<http://blog.sina.com.cn/zhengjiashun>) 以及“中国英语考试网”(<http://www.zgyksw.com> 或 <http://www.zhengjiashun.com>) !

这里既有作者在教学中的心得体会,也有英语考前做题技巧分析以及最新试卷与答案;同时也希望能借此收到更多学习者的反馈与意见。让我们一起进步,谢谢参与。

郑家顺

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入门分析篇

2006 年 12 月大学英语四级试题

Part I

Writing

(30 minutes)

Directions: For this part, you are allowed 30 minutes to write a short essay entitled **Spring Festival Gala on CCTV**. You should write at least 120 words following the outline given below:

1. 许多人喜欢在除夕观看春节联欢晚会
2. 许多人却提出取消春节联欢晚会
3. 在我看来……

Spring Festival Gala on CCTV

Part II Reading Comprehension (Skimming and Scanning) (15 minutes)

Directions: In this part, you will have 15 minutes to go over the passage quickly and answer the questions on **Answer Sheet 1**.

For questions 1-7, mark

Y (for YES) if the statement agrees with the information given in the passage;

N (for NO) if the statement contradicts the information given in the passage;

NG (for NOT GIVEN) if the information is not given in the passage.

For questions 8-10, complete the sentences with the information given in the passage.

Six Secrets of High-Energy People

There's an energy crisis in America, and it has nothing to do with **fossil**^① fuels. Millions of us get up each morning already weary over what the day holds. "I just can't get started," people say. But it's not physical energy that most of us lack. Sure, we could all use extra sleep and a better diet. But in truth, people are healthier today than at any time in history. I can almost guarantee that if you long for more energy, the problem is not with your body.

What you're seeking is not physical energy. It's emotional energy. Yet, sad to say, life sometimes seems designed to exhaust our supply. We work too hard. We have family obligations. We encounter emergencies and personal crises. No wonder so many of us suffer from emotional **fatigue**^②, a kind of utter exhaustion of the spirit.

And yet we all know people who are filled with joy, despite the unpleasant circumstances of

① **fossil** /'fɒsəl/ n. 1. [C] 化石; *fossils of early reptiles* 古代爬行类的化石 2. 食古不化的人, 老顽固; *old fossil* 老顽固

② **fatigue** /fə'ti:g/ n. [U] 疲劳, 劳累; *We were all suffering from fatigue at the end of our journey.* 我们到旅程终点时全都累垮了。

their lives. Even as a child, I observed people who were poor, or disabled, or ill, but who nonetheless faced life with optimism and vigor. Consider Laura Hillenbrand, who, despite an extremely weak body, wrote the best-seller *Seabiscuit*. Hillenbrand barely had enough physical energy to drag herself out of bed to write. But she was fueled by having a story she wanted to share. It was emotional energy that helped her succeed.

Unlike physical energy, which is finite and diminishes with age, emotional energy is unlimited and has nothing to do with **genes**^③ or upbringing. So how do you get it? You can't simply tell yourself to be positive. You must take action. Here are six practical strategies that work.

1. Do something new.

Very little that's new occurs in our lives. The impact of this sameness on our emotional energy is gradual, but huge: It's like a tire with a slow leak. You don't notice it at first, but eventually you'll get a flat. It's up to you to plug the leak—even though there are always a dozen reasons to stay stuck in your dull routines of life. That's where Maura, 36, a waitress, found herself a year ago.

Fortunately, Maura had a lifeline—a group of women friends who meet regularly to discuss their lives. Their lively discussions spurred Maura to make small but nevertheless life-altering changes. She joined a **gym**^④ in the next town. She changed her look with a short haircut and new black T-shirts. Eventually, Maura gathered the courage to quit her job and start her own business.

Here's a challenge: If it's something you wouldn't ordinarily do, do it. Try a dish you've never eaten. Listen to music you'd ordinarily tune out. You'll discover these small things add to your emotional energy.

2. Reclaim life's meaning.

So many of my patients tell me that their lives used to have meaning, but that somewhere along the line things went stale.

The first step in solving this meaning shortage is to figure out what you really care about, and then do something about it. A case in point is Ivy, 57, a pioneer in investment banking. "I mistakenly believed that all the money I made would mean something," she says. "But I feel lost, like a 22-year-old wondering what to do with her life." Ivy's solution? She started a program that shows Wall Streeters how to donate time and money to poor children. In the process, Ivy filled her life with meaning.

③ **gene** /dʒiːn/ *n.* [C] 基因; Scientists are trying to find the *gene* responsible for the disease. 科学家们正竭力寻找导致这种疾病的基因。

④ **gym** 同 **gymnasium** /dʒɪm'neɪzjəm/ (gymnasiums 或 *gymnasia* /dʒɪm'neɪzjə/) *n.* [C] 体育馆, 健身房; The basketball game was held in the *gymnasium*. 这场篮球比赛是在体育馆进行的。

3. Put yourself in the fun zone.

Most of us grown-ups are seriously fun-deprived. High-energy people have the same day-to-day work as the rest of us, but they manage to find something enjoyable in every situation. A real-estate broker I know keeps herself amused on the job by mentally redecorating the houses she shows to clients. “I love imagining what even the most run-down house could look like with a little tender loving care,” she says. “It’s a challenge—and the least desirable properties are usually the most fun.”

We all define fun differently, of course, but I can guarantee this: If you put just a bit of it into your day, your energy will increase quickly.

4. Bid farewell^⑤ to guilt and regret.

Everyone’s past is filled with regrets that still cause pain. But from an emotional energy point of view, they are dead weights that keep us from moving forward. While they can’t merely be willed away, I do recommend you remind yourself that whatever happened is in the past, and nothing can change that. Holding on to the memory only allows the damage to continue into the present.

5. Make up your mind.

Say you’ve been thinking about cutting your hair short. Will it look **stylish**^⑥—or too extreme? You endlessly think it over. Having the decision hanging over your head is a huge energy drain. Every time you can’t decide, you burden yourself with alternatives. Quit thinking that you have to make the right decision; instead, make a choice and don’t look back.

6. Give to get.

Emotional energy has a kind of magical quality: The more you give, the more you get back. This is the difference between emotional and physical energy. With the latter, you have to get it to be able to give it. With the former, however, you get it by giving it.

Start by asking everyone you meet, “How are you?” as if you really want to know, then listen to the reply. Be the one who hears. Most of us also need to smile more often. If you don’t smile at the person you love first thing in the morning, you’re sucking energy out of your relationship. Finally, help another person—and make the help real, concrete. Give a massage (按摩) to someone you love, or cook her dinner. Then expand the circle to work. Try asking yourself what you’d do if your goal were to be helpful rather than efficient.

After all, if it’s true that what goes around comes around, why not make sure that what’s circulating around you is the good stuff?

- | | | | |
|-----------------|-----------------|-----------------|-----------------|
| 1. [Y] [N] [NG] | 2. [Y] [N] [NG] | 3. [Y] [N] [NG] | 4. [Y] [N] [NG] |
| 5. [Y] [N] [NG] | 6. [Y] [N] [NG] | 7. [Y] [N] [NG] | |

1. The energy crisis in America discussed here mainly refers to a shortage of fossil fuels.

⑤farewell /fəˈwel/ *n.* [C,U] 告别, 欢送会; It’s time to say our farewells. 到我们告辞的时候了。

⑥stylish /ˈstailɪʃ/ *a.* 时髦的, 入时的, 漂亮的

2. People these days tend to lack physical energy.
3. Laura Hillenbrand is an example cited to show how emotional energy can contribute to one's success in life.
4. The author believes emotional energy is inherited and genetically determined.
5. Even small changes people make in their lives can help increase their emotional energy.
6. Ivy filled her life with meaning by launching a program to help poor children.
7. The real-estate broker the author knows is talented in home redecoration.
8. People holding on to sad memories of the past will find it difficult to _____.
9. When it comes to decision-making, one should make a quick choice without _____.
10. Emotional energy is in a way different from physical energy in that the more you give, _____.

Part III

Listening Comprehension

(35 minutes)

Section A

Directions: In this section, you will hear 8 short conversations and 2 long conversations. At the end of each conversation, one or more questions will be asked about what was said. Both the conversation and the questions will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A), B), C) and D), and decide which is the best answer. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

11. A) Plan his budget carefully. B) Give her more information.
C) Ask someone else for advice. D) Buy a gift for his girlfriend.
12. A) She'll have some chocolate cake.
B) She'll take a look at the menu.
C) She'll go without dessert.
D) She'll prepare the dinner.
13. A) The man can speak a foreign language.
B) The woman hopes to improve her English.
C) The woman knows many different languages.
D) The man wishes to visit many more countries.
14. A) Go to the library. B) Meet the woman.
C) See Professor Smith. D) Have a drink in the bar.
15. A) She isn't sure when Professor Bloom will be back.
B) The man shouldn't be late for his class.
C) The man can come back sometime later.
D) She can pass on the message for the man.
16. A) He has a strange personality.
B) He's got emotional problems.

- C) His illness is beyond cure.
D) His behavior is hard to explain.
17. A) The tickets are more expensive than expected.
B) The tickets are sold in advance at half price.
C) It's difficult to buy the tickets on the spot.
D) It's better to buy the tickets beforehand.
18. A) He turned suddenly and ran into a tree.
B) He was hit by a fallen box from a truck.
C) He drove too fast and crashed into a truck.
D) He was trying to overtake the truck ahead of him.

Questions 19 to 21 are based on the conversation you have just heard.

19. A) To go boating on the St. Lawrence River.
B) To go sightseeing in Quebec Province.
C) To call on a friend in Quebec City.
D) To attend a wedding in Montreal.
20. A) Study the map of Quebec Province.
B) Find more about Quebec City.
C) Brush up on her French.
D) Learn more about the local customs.
21. A) It's most beautiful in summer.
B) It has many historical buildings.
C) It was greatly expanded in the 18th century.
D) It's the only French-speaking city in Canada.

Questions 22 to 25 are based on the conversation you have just heard.

22. A) It was about a little animal.
B) It took her six years to write.
C) It was adapted from a fairy tale.
D) It was about a little girl and her pet.
23. A) She knows how to write best-selling novels.
B) She can earn a lot of money by writing for adults.
C) She is able to win enough support from publishers.
D) She can make a living by doing what she likes.
24. A) The characters. B) The readers.
C) Her ideas. D) Her life experiences.
25. A) She doesn't really know where they originated.
B) She mainly drew on stories of ancient saints.
C) They popped out of her childhood dreams.
D) They grew out of her long hours of thinking.

Section B

Directions: *In this section, you will hear 3 short passages. At the end of each passage, you will hear some questions. Both the passage and the questions will be spoken only once. After you hear a question, you must choose the best answer from the four choices marked A), B), C) and D). Then mark the corresponding letter on Answer Sheet 2 with a single line through the centre.*

Passage One

Questions 26 to 28 are based on the passage you have just heard.

26. A) Monitor students' sleep patterns.
B) Help students concentrate in class.
C) Record students' weekly performance.
D) Ask students to complete a sleep report.
27. A) Declining health. B) Lack of attention.
C) Loss of motivation. D) Improper behavior.
28. A) They should make sure their children are always punctual for school.
B) They should ensure their children grow up in a healthy environment.
C) They should help their children accomplish high-quality work.
D) They should see to it that their children have adequate sleep.

Passage Two

Questions 29 to 32 are based on the passage you have just heard.

29. A) She stopped being a home-maker. B) She became a famous educator.
C) She became a public figure. D) She quit driving altogether.
30. A) A motorist's speeding. B) Her running a stop sign.
C) Her lack of driving experience. D) A motorist's failure to concentrate.
31. A) Nervous and unsure of herself. B) Calm and confident of herself.
C) Courageous and forceful. D) Distracted and reluctant.
32. A) More strict training of women drivers.
B) Restrictions on cell phone use while driving.
C) Improved traffic conditions in cities.
D) New regulations to ensure children's safety.

Passage Three

Questions 33 to 35 are based on the passage you have just heard.

33. A) They haven't devoted as much energy to medicine as to space travel.
B) There are too many kinds of cold viruses for them to identify.
C) It is not economical to find a cure for each type of cold.
D) They believe people can recover without treatment.
34. A) They reveal the seriousness of the problem.
B) They indicate how fast the virus spreads.
C) They tell us what kind of medicine to take.

- D) They show our body is fighting the virus.
35. A) It actually does more harm than good.
- B) It causes damage to some organs of our body.
- C) It works better when combined with other remedies.
- D) It helps us to recover much sooner.

Section C

Directions: *In this section, you will hear a passage 3 times. When the passage is read for the first time, you should listen carefully for its general idea. When the passage is read for the second time, you are required to fill in the blanks numbered from 36 to 43 with the exact words you have just heard. For blanks numbered from 44 to 46 you are required to fill in the missing information. For these blanks, you can either use the exact words you have just heard or write down the main points in your own words. Finally, when the passage is read for the third time, you should check what you have written.*

You probably have noticed that people express similar ideas in different ways depending on the situation they are in. This is very (36) _____. All languages have two general levels of (37) _____: a formal level and an informal level. English is no (38) _____. The difference in these two levels is the situation in which you use a (39) _____ level. Formal language is the kind of language you find in textbooks, (40) _____ books, and in business letters. You would also use formal English in compositions and (41) _____ that you write in school. Informal language is used in conversation with (42) _____, family members and friends, and when we write (43) _____ notes or letters to close friends.

Formal language is different from informal language in several ways. First, formal language tends to be more polite. (44) _____. For example, I might say to a friend or family member, "Close the door, please." (45) _____.

Another difference between formal and informal language is some of the vocabulary. (46) _____.

Let's say that I really like soccer. If I'm talking to my friend, I might say, "I'm just crazy about soccer!" But if I were talking to my boss, I would probably say, "I really enjoy soccer."

Part IV Reading Comprehension (Reading in Depth) (25 minutes)

Section A

Directions: *In this section, there is a passage with ten blanks. You are required to select one word for each blank from a list of choices given in a word bank following the passage. Read the passage through carefully before making your choices. Each choice in the bank is identified by a letter. Please mark the corresponding letter for each item on Answer Sheet 2 with a single line through the centre. You may not use any of the words in the bank more than once.*

Questions 47 to 56 are based on the following passage.

The flood of women into the job market boosted economic growth and changed U. S. society in many ways. Many in-home jobs that used to be done (47) _____ by women—ranging from family shopping to preparing meals to doing (48) _____ work—still need to be done by someone. Husbands and children now do some of these jobs, a (49) _____ that has changed the target market for many products. Or a working woman may face a crushing “poverty of time” and look for help elsewhere, creating opportunities for producers of frozen meals, child care centers, dry cleaners, financial services, and the like.

Although there is still a big wage (50) _____ between men and women, the income working women (51) _____ gives them new independence and buying power. For example, women now (52) _____ about half of all cars. Not long ago, many car dealers (53) _____ women shoppers by ignoring them or suggesting that they come back with their husbands. Now car companies have realized that women are (54) _____ customers. It's interesting that some leading Japanese car dealers were the first to (55) _____ pay attention to women customers. In Japan, fewer women have jobs or buy cars—the Japanese society is still very much male-oriented. Perhaps it was the (56) _____ contrast with Japanese society that prompted American firms to pay more attention to women buyers.

- | | | | |
|-------------|----------------|--------------|--------------|
| A) scale | E) technically | I) potential | M) insulted |
| B) retailed | F) affordable | J) gap | N) purchase |
| C) generate | G) situation | K) voluntary | O) primarily |
| D) extreme | H) really | L) excessive | |

Section B

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 57 to 61 are based on the following passage.

Reaching new peaks of popularity in North America is Iceberg Water, which is harvested from icebergs off the coast of Newfoundland, Canada.

Arthur von Wiesenberger, who carries the title Water Master, is one of the few water critics in North America. As a boy, he spent time in the larger cities of Italy, France and Switzerland, where bottled water is consumed daily. Even then, he kept a water journal, noting the brands he liked best. “My dog could tell the difference between bottled and tap water,” he says.

But is plain tap water all that bad? Not at all. In fact, New York's **municipal**^⑦ water for

⑦ **municipal** /mjuː'nisipəl/ a. 市的, 市政的; the *municipal* government 市政府

- C) Most diners find bottled water affordable.
 - D) Bottled water satisfies diners' desire to be fashionable.
61. According to the passage, why is bottled water so popular?
- A) It is much cheaper than wine.
 - B) It is considered healthier.
 - C) It appeals to more cultivated people.
 - D) It is more widely promoted in the market.

Passage Two

Questions 62 to 66 are based on the following passage.

As we have seen, the focus of medical care in our society has been shifting from curing disease to preventing disease—especially in terms of changing our many unhealthy behaviors, such as poor eating habits smoking, and failure to exercise. The line of thought involved in this shift can be pursued further. Imagine person who is about the right weight, but does not eat very nutritious(有营养的) foods, who feels OK but exercises only occasionally, who goes to work every day, but is not an outstanding worker, who drinks a few beers at home most nights but does not drive while drunk, and who has no chest pains or abnormal blood counts, but sleeps a lot and often feels tired. This person is not ill. He may not even be at risk for any particular disease. But we can imagine that this person could be a lot healthier.

The field of medicine has not traditionally distinguished between someone who is merely “not ill” and someone who is in excellent health and pays attention to the body's special needs. Both types have simply be called “well”. In recent years, however, some health specialists have begun to apply the terms “well” an “wellness” only to those who are actively striving to maintain and improve their health. People who are well are concerned with nutrition and exercise, and they make a point of monitoring their body's condition. Most important, perhaps, people who are well take active responsibility for all matters related to their health. Even people who have a physical disease or handicap(缺陷) may be “well”, in this new sense, if they make effort to maintain the best possible health they can in the face of their physical limitations. “Wellness” may perhaps best be viewed not as a state that people can achieve, but as an ideal that people can strive for. People who are well, are likely to be better able to resist disease and to fight disease when it strikes. And by focusing attention on healthy ways of living, the concept of wellness can have a beneficial impact on the ways in which people face the challenges of daily life.

62. Today medical care is placing more stress on _____.
- A) keeping people in a healthy physical condition
 - B) monitoring patients' body functions
 - C) removing people's bad living habits
 - D) ensuring people's psychological well-being
63. In the first paragraph, people are reminded that _____.
- A) good health is more than not being ill

- B) drinking, even if not to excess, could be harmful
 C) regular health checks are essential to keeping fit
 D) prevention is more difficult than cure
64. Traditionally, a person is considered “well” if he _____.
 A) does not have any unhealthy living habits
 B) does not have any physical handicaps
 C) is able to handle his daily routines
 D) is free from any kind of disease
65. According to the author, the true meaning of “wellness” is for people _____.
 A) to best satisfy their body’s special needs
 B) to strive to maintain the best possible health
 C) to meet the strictest standards of bodily health
 D) to keep a proper balance between work and leisure
66. According to what the author advocates, which of the following groups of people would be considered healthy?
 A) People who have strong muscles as well as slim figures.
 B) People who are not presently experiencing any symptoms of disease.
 C) People who try to be as healthy as possible, regardless of their limitations.
 D) People who can recover from illness even without seeking medical care.

Part V

Cloze

(15 minutes)

Directions: There are 20 blanks in the following passage. For each blank there are four choices marked A), B), C) and D). You should choose the ONE that best fits into the passage. Then mark the corresponding letter on **Answer Sheet 2** with a single line through the center.

Language is the most astonishing behavior in the animal kingdom. It is the species-typical behavior that sets humans completely 67 from all other animals. Language is a means of communication, 68 it is much more than that. Many animals can 69. The dance of the honeybee communicates the location of flowers 70 other members of the hive(蜂群). But human language permits communication about anything, 71 things like unicorns(独角兽) that have never existed. The key 72 in the fact that the units of meaning, words, can be 73 together in different ways, according to 74, to communicate different meanings.

Language is the most important learning we do. Nothing 75 humans so much as our ability to communicate abstract thoughts, 76 about the universe, the mind, love, dreams, or ordering a drink. It is an immensely complex 77 that we take for granted. Indeed, we are not aware of most 78 of our speech and understanding. Consider what happens when one person is speaking to 79. The speaker has to translate thoughts into 80 language. Brain imaging studies suggest that the time from thoughts to the 81 of speech is extremely fast, only 0.04 seconds! The listener must hear the sounds to 82 out what the speaker means. He must