

# 高职英语阅读 突破40天

季瑞红 主编

东北林业大学出版社

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# 前 言

高等学校英语应用能力考试大纲（A、B 级）规定：阅读理解测试成绩占总成绩的 35%，测试时间为 40 分钟。阅读理解测试主要是测试考生从书面文字材料获取信息的能力，而英语阅读又是许多考生的弱项，其中一个重要的原因就是缺乏阅读量和一定的阅读技巧。

本书根据考试大纲的要求，参照多本教材，以天为单位，根据语言学习的特点，以阅读为途径，梳理每个学段应学必会的语言知识，为学生量身制订了一个短时间内提高阅读能力的学习方案。内容新颖，语言规范，结构严谨，可读性强，时代感更强。这些文章包括记叙文、说明文、议论文、应用文，涉及政治经济、社会生活、文化教育、历史地理、风土人情等。

学生要根据自己的情况，选择适合自己的阅读方式，掌握文章中的词汇和句法，准确把握阅读时间，有意识地养成良好的阅读习惯。循序渐进，每天上一个台阶，最后定能取得令自己满意的成绩。

由于编者水平的局限，本书难免有疏漏和错误之处，敬请广大读者不吝指正，以使本书能为读者更好地服务。

编 者

2008 年 1 月

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## Day 1

First aid (急救) is the care given to the injured or sick as soon as possible after an accident or illness. It is this immediate care and attention before the arrival of the ambulance that sometimes means the difference between life and death, or a full or partial recovery.

First aid has limitations, as not everybody is a doctor or expert, but it is a key element of the total medical system.

The principle to be adopted in first aid is immediate action. By-standers (旁观者) or relatives not knowing what to do, or being too fearful to try, have unwisely contributed to unnecessary deaths and worse injuries.

It is important that any action taken by the first aid provider is started as quickly as possible. Quick action is necessary to save life and parts of the body. One who is not breathing effectively, or is bleeding heavily, requires immediate help. If quick effective first aid is provided, then they have a much better chance of a good recovery.

But it should be remembered that any action taken is to be most careful, and fright by the first aid provider and by-standers will not be

good to the whole thing. Try to remain calm and think your action through. A calm and controlled first aid will give everyone confidence that the event is being handled efficiently and effectively.

1. The writer seems to suggest that if you don't know much about first aid, you should \_\_\_\_\_.  
A. stand by and not try to help      B. still try to help  
C. call for help from professionals      D. learn it from a doctor
2. According to the passage, some injured or sick people died as a result of \_\_\_\_\_.  
A. unnecessary first aid  
B. unprofessional first aid  
C. other people's hesitation to offer first aid  
D. unwise suggestions by by-standers
3. Which of the following is TRUE according to the passage?  
A. First aid is an important part of the whole treatment.  
B. It is easy to carry out first aid if one has the necessary facilities.  
C. One should not apply first aid to the injured without knowing the cause of the accident.  
D. First aid may not be effective before a doctor or expert comes.
4. The most important thing in providing first aid is to \_\_\_\_\_.  
A. know what to do      B. prevent, bleeding

C. call for an ambulance

D. act quickly

5. While offering first aid, the helper should \_\_\_\_\_.

A. have confidence in the sick person

B. have others to assist him

C. be self-controlled

D. get-rid of the by-standers

【答案与解析】

1. B. 本题为推理题。题干意为“作者暗示说如果你不是很懂紧急抢救，你应该怎样”。从文章第二段可知，尽管不可能每个人都是医生或专家，但仍然要设法救人。故正确的答案为 B。

2. C. 本题为推理题。题干意为“根据文章内容，由于什么样的原因有的受伤病人死亡”。本题主要考查对因果关系的理解，题中包含结果 (some people died)，要求找出原因 (as a result of ...)。从文章第三段可知，由于旁观者或相关人员犹豫不决不知道如何去做，导致了病人的死亡。故正确的答案为 C。

3. A. 本题为判断题。题干意为“下列哪一项是正确的”。答案在第二段 “but it is a key element of the total medical system” 中，紧急抢救对于病人来说是整个治疗过程中很重要的一部分。选项 C 与第二段相矛盾；选项 B 中没有涉及；选项 D 不对是因为由第一段最后一句可知，实施紧急抢救是很有必要的。故正确的答案为 A。

4. D. 本题为细节题。题干意为“实施紧急抢救最重要的是什么”。根据文章第三段第一句可知，时间是很重要的，要尽快地实施紧急抢救。故正确的答案为 D。

5. C. 本题为细节题。题干意为“实施抢救的过程中，实施者应该怎样”。根据文章最后一句可知，一定要冷静自信，控制好自己，不受外人的影响。故正确的答案为 C。

## Day 2

Dear Disappointed,

Everyone has to leave home some time; it's just more difficult for some than it is for others. Being 21, it is no wonder you are eager to begin your own discovery of the world, to make your own choices and achievements. I think the main reason your family are making it so hard for you is that you are their baby. They want to keep you under their protection as long as they can, and since they have always given you extra special care, they are afraid you won't be able to make it without their support.

But I think you can and will make it on your own. If you have a good job now, you are already building up the skills and experience you'll need to find another better job. All it takes is self-belief, the willingness to face up to my difficulties you meet with and the courage to face up to your family and prove them wrong.

They may be angry at you for a little while, but after all, they love you. If they see that you are seriously going to do what you want to do with or without their help, I think they will help you in any way

they can. Don't let them discourage you if you are certain that you want to find your own place in the world. But make sure you know it will be tough at times. Think of it as an adventure and you will find that everything you meet with is a learning experience and is character building.

In today's China there are more chances than perhaps ever before. So be brave and set out to find what you are looking for.

Good luck to you and be hopeful!

Yours,

Dear Helen

1. This letter is written to a person \_\_\_\_\_.
  - A. whose name is Disappointed
  - B. who is disappointed and needs help
  - C. who has made great achievements
  - D. who is still a baby
2. Dear Helen tells Disappointed that \_\_\_\_\_.
  - A. a 21-year-old person is usually supported by the family
  - B. a 21-year-old person should make up the mind to do what he/she wants
  - C. the family can only discourage him/her
  - D. it is enough to have courage to face up the family
3. A young person who wants to discover the world will find that

\_\_\_\_\_.

- A. the family will always give them special help
  - B. he/she has to find a better job
  - C. the family will not love him/her
  - D. it is not easy to find one's own place in the world
4. One should be brave and set out to turn one's dream into reality now \_\_\_\_\_.
- A. when one is building character
  - B. where there are more chances than ever before
  - C. when one has an adventure
  - D. when one is learning experience

### 【答案与解析】

1. A. 本题为细节理解题。从文章开头的称呼可知。
2. B. 本题为细节理解题。由第二段 “All it takes is self-belief , the willingness to face up to my difficulties you meet with and the courage to face up to your family and prove them wrong” 中可得出该答案。
3. D. 本题为细节理解题。从第三段 “Don't let them discourage you if you are certain that you want to find your own place in the world. But make sure you know it will be tough at times” 中可知。
4. C. 本题为细节理解题。从第三段 “Think of it as an adventure and you will find that everything you meet with is a learning experience and is character building” 中可得出答案。

## Day 3

Beijing, China and the world celebrated a great day of victory on June 24.

On that day, the World Health Organization (WHO) announced its removal of Beijing from its list of SARS-infected areas. It also lifted its travel warning against the city—the last in the world. Beijing was put on the WHO's travel warning list on April 23.

The announcement came after the number of cases in Beijing's hospitals fell to 46—well below the WHO cut-off point of 60. Beijing had recorded a total of 2 521 cases of SARS and 192 deaths by June 26.

“Today's development is a milestone in the fight against SARS, not only in China but also the world. From today, the WHO has no more warnings against any places around the world,” said Shigeru Omi, a WHO official.

However, medical experts have warned against any relaxation of SARS prevention and control measures after the lifting of the WHO's travel warning.

At the peak of the SARS outbreak, Beijing residents were the

“most unwelcome people” in the country. They were forced to cancel or put air almost off their travel plans, as most provinces and cities put two-week quarantine on travelers from Beijing.

With the WHO's announcement, life in China has returned to normal. All students in Beijing will return to school after more than two months of staying at home. And travelling has again become a big plan for the summer holiday.

However, medical experts have warned against any relaxation of SARS prevention and control measures after the lifting the WHO's travel warning.

1. Why did China and the world celebrate on June 24?
  - A. Chinese can hold the 28th Olympic Games in Beijing.
  - B. Chinese fought against SARS successfully.
  - C. Beijing is the last removed in the world.
  - D. WHO announced its removal of travel warning in Beijing.
2. What does the underlined word “removal” (para 2) mean?
  - A. 删除
  - B. 祝贺
  - C. 警告
  - D. 威胁
3. How long was Beijing forbidden to travel?
  - A. More than two months.
  - B. Nearly two months.
  - C. Less than two months.
  - D. Two months.
4. When the WHO announced the removal, \_\_\_\_\_.
  - A. there was no cases of SARS in Beijing

- B. there were 192 deaths in Beijing because of SARS
- C. the number of cases in Beijing was less than the WHO cut-off point
- D. it signed that SARS wouldn't come any more
5. During that time, we should \_\_\_\_\_.
- A. go out with a mask
- B. change clothes and wash hands more often
- C. take more physical exercise and organize fewer gatherings
- D. A, B and C

【答案与解析】

1. B. 本题为推断题。A 项是干扰选项，与文章无关。C 和 D 两项不是最根本原因。故只能选 B。

2. A. 本题为词义猜测题。此题要从上下文判断，当然如果对事实比较了解的也不难猜出。removal 意为“删除”。

3. D. 此题属计算题。从 4 月 23 日到 6 月 24 日，刚两个月。

4. C. 本题为细节题。从文中第三段我们可看出，世界卫生组织是在北京医院收治病例总数下降至 46 例后宣布了“双解除”的决定——这一数字远低于该组织规定的 60 例的解除标准。根据文章最后一段，医学专家仍然警告人们在消除旅游警告之后不要放松对非典的预防和控制措施，故排除 D 项。

5. D. 本题为推断题。文章没有详细交待。此题主要从常识上判断。

## Day 4

How to protect children Web fans from unsuitable material on line while encouraging them to use the Internet has long been discussed in the U. S.

For some parents, the Internet can seem like a jungle, filled with danger for their children. But jungles contain wonders as well as dangers and with good guides, some education, and a few precautions (预防措施), the wilds of the Internet can be safely navigated (航行). “Kids have to be on-line. If we tell our kids they can’t have access to the Internet, we’re cutting them off from their future,” said an expert.

Most kids have started to use search engines. Many of them are great for finding tons of interesting Internet sites, and they can also locate places where you might not want your kids to go. There are search engines designed just for kids. A certain software contains only sites that have been selected as safe. The most popular way to limit access (接近……的机会) would be to use what is known as a “content screener (过滤器)”. But this can’t be wholly reliable,