

全国大学英语

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大学英语四级阅读与测试

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CET

西安地图出版社

大学英语四级阅读与测试

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前 言

本书旨在帮助考生了解和熟悉大学英语四级阅读考试新题型,检测和提高自己的阅读水平,顺利通过四级英语考试。本书在编写过程中,依据教育部颁发的《大学英语课程教学要求》和全国大学英语四、六级考试委员会最近颁布的《大学英语四级考试大纲》,突出重点,解决难点,使考生在使用本书后,能将阅读技能和水平真正提高。

本书共分为两个部分。第一部分为四级阅读答题技巧及样题分析。第二部分为阅读课文和练习题,共十二个单元。每个单元包括一篇课文,生词短语,构词法,最新四级阅读练习题。这些文章是经过编者精心挑选,最新出版的。文章内容新颖、广泛、涉及社会、文化、经济、人文、科技、教育等多方面。

在本书编写过程中,西安陆军学院科学文化基础教研室的张萍、李瑛、沈小红、王胜华、李迎霞等老师也参与资料搜集,给予帮助,在此表示感谢!

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四级阅读答题技巧及样题分析

根据大学英语四级阅读考试的要求,考生应能够在阅读文章时做到 (1)理解主旨要义;(2)理解文中具体信息;(3)根据上下文推测生词的词义;(4)进行有关的判断、推理和引申;(5)理解作者的意图、观点或态度。

阅读的题型主要有主旨题、细节题、是非题、推理题、词汇题、语气态度题等。此处提出几种阅读技巧和答题方法,以求达到抛砖引玉的作用。

一、主旨题

每篇文章都有一个主旨,是各个部分和段落叙述的中心。实际上把握住文章的主旨,是对文章理解的关键所在,也是做好其他题的基础。主旨题问法有三个类型:

1. The main point of the passage is ...
2. The author's purpose in writing this passage is ...
3. A good title for this passage is ...

要抓住主旨,关键在于找到文章的主题句和各段落的主题句。主题句一般出现在段落的开头,但是,段落主题句的位置并不是固定不变的,它可以位于段首、段中、段尾或首尾兼而有之。以下列出三种常见的情况:

1. 段首主题句

主题句位于段首,直接点明段落的主题。例如:

Sports and games are very useful for character training. In their lessons at school, boys and girls may learn about such virtues as unselfishness, courage, discipline and love of one's country. But what's learned in books cannot have the same deep effect on a child's character as what is learned by experience. As most of the pupils' time is spent in classes studying lessons, the ordinary day school can't give much practical training for their lives in the future. So it is what the pupils do in the spare time that really prepares them to take their places in society as citizens when they grow up. If each of them learns to work for his team, and not for himself on the football field, he will later find it natural to work for the good of his country instead of only for his own benefit.

2. 段中主题句

当对两种事物或某种事物的两个方面进行比较或对比时,主题句常在段落的中间出现。这种段落通常先提出一个论点并稍加发挥,接着出现主题句,提出不同的或相反的论点,然后展开论证。论述的中心一般是二者间的异同点,段中主题句具有过渡的作用。例如:

Californians and new Englanders are both Americans. They speak the same language and abide by the same federal laws. **But they are very different in their ways of life.** Mobility—both physical and psychological—has made a great impression on the culture of Californians; lack of mobility is the mark of the customs and morality of New Englanders.

3. 段尾主题句

段尾主题句具有结论作用,是对前面句子的归纳总结。在这种段落中,主题句先不出现,而是先讲述许多细节,然后在段尾予以归纳,得出中心结论。例如:

Albert Einstein, one of the world's geniuses, failed in his university entrance examination his first attempt. William Faulkner, one of America's noted writers, never finished college because he could not pass his English courses. Sir Winston Churchill, who is considered one of the masters of the English language, had to have special tutoring in English during elementary school. **These few examples show that failure in school does not always predict in life.**

以上简要介绍了英文段落主题句的常见位置。每篇文章的主旨通常是由各段的主题句连接形成的。因此，在读完每段后停留 3 到 5 秒钟，对该段的中心及与前面各段的联系稍做思考，弄清段与段之间的联系。

例文：

The appeal of advertising to buying motives can have both negative and positive effects. Consumers may be convinced to buy a product of poor quality or high price because of an advertisement. For example, some advertisers have appealed to people's desire for better fuel economy for their cars by advertising automotive products that improve gasoline mileage. Some of the products work. Others are worthless and a waste of consumers' money.

Sometimes advertising is intentionally misleading. A few years ago a brand of bread was offered to dieters with the message that there were fewer calories in every slice. It turned out that the bread was not dietetic, but just regular bread. There were fewer calories because it was sliced very thin, but there were the same number of calories in every loaf.

On the positive side, emotional appeals may respond to a consumer's real concerns. Consider fire insurance. Fire insurance may be sold by appealing to fear of loss. But fear of loss is the real reason for fire insurance. The security of knowing that property is protected by insurance makes the purchase of fire insurance a worthwhile investment for most people. If consumers consider the quality of the insurance plans as well as the message in the ads, they will benefit from the advertising.

Each consumer must evaluate her or his own situation. Are the benefits of the product important enough to justify buying it? Advertising is intended to appeal to consumers, but it does not force them to buy the product. Consumers still control the final buying decision.

Question

The passage is mainly about _____.

- A) ways to protect the interests of the consumer
- B) how to make a wise buying decision
- C) the function of advertisements in promoting sales
- D) the positive and negative aspects of advertising

【解题思路】这是一道典型的主旨题。文章首句便是主旨句：**The appeal of advertising to buying motives can have both negative and positive effects.**随后几段论述了广告的负面作用和正面作用， 所以选 D

二、细节题

阅读的目的不仅仅为了判明主题。在许多情况下，我们需要从文章中找出某些具体的内容或事实。我们知道，文章中的具体内容是为了烘托主题，或为了使主题更加鲜明，或是以例证的形式来证明某个观点。为了迅速正确地捕捉到所需要的信息，我们在阅读时应注意以下几点：

- 1) 中心内容和具体内容的关系是辩证的，只有首先抓住文章的主要内容才能确定有关具体内容的正确位置。
- 2) 文章的细节，即某个具体事实并不是孤立的，它总是要与其他事实前后呼应，相同性质的事实总会一起出现。
- 3) 抓住文章的组织结构对迅速捕捉到所需的信息同样重要。
- 4) 有关具体信息的问题通常涉及诸如人名、地点、日期、价格、天气和电话号码等。

5) 采用快速阅读方法, 利用章节、标题、说明以及印刷特点等信息, 确定文中哪一部分包含哪些材料, 从而快速判断自己所需的信息在什么地方。

细节题考题有两类, 一类考文章的“直接”内容, 另一类考“间接”内容。直接内容即可在原文中直接找到现成答案的内容。本类考题较为容易, 但关键是如何迅速正确地在一篇 400 字左右的文章中找到所需信息。有经验的读者往往知道某个细节该从哪个自然段的哪一部分去找, 这是因为他们在通读完文章后对每一段的主要内容已有了大致的了解。阅读中应按照先通读全文, 然后再根据要求查找有关具体内容。在做阅读理解题时首先要把问题看清楚后再去文中找, 要看文中哪句话与问题对应, 而不仅仅是哪个词与问题对应。

细节题是根据短文提供的信息和事实进行提问, 选择的依据必须是短文本身提供的信息。常见的就细节提出的问题有:

Where in the passage does the author mention _____ ?

Which aspect of _____ is discussed most in the passage?

Which of the following is most clearly an example of _____ ?

Which of the following points is made in the passage to show _____ ?

According to the passage, what happens to _____ ?

例文:

The concept of “environment” is certainly difficult and may even be misunderstood; but we have no handy substitute. It seems simple enough to distinguish between the organism and the surrounding environment and to separate forces acting on an organism into those that are internal and biological and those that are external and environmental. But in actual practice this system breaks down in many ways, because the organism and environment are constantly interacting so that the environment is modified by the organism and vice versa.

In the case of man, the difficulties with the environmental concept are even more complicated because we have to deal with man as an animal and with man as a bearer of culture. If we look at man as an animal and try to analyze the environmental forces that are acting on the organism, we may find we have to deal with things like climate, soil, plants, and such-like factors common to all biological situations; but we also find, always, very important environmental influences that we can only class as “cultural”, which modify the physical and biological factors. But man, as we know him, is always a bearer of culture; and if we study human culture, we find that it, in turn, is modified by the environmental factors of climate and geography. Thus we easily get into great difficulties from the necessity of viewing culture, at one moment, as a part of the man and, at another moment, as a part of the environment.

Question 1

In analyzing the environmental forces acting on man the author suggests that ____.

- A) biological factors are less important to the organism than cultural factors to man.
- B) man and other animals are modified equally by the environmental forces
- C) man is modified by the cultural environment as well as by the natural environment
- D) Physical and biological factors exert more influence on other organisms than on man.

【解题思路】这是一个细节题, 问在分析环境对人起的作用时, 作者给出的建议。根据第二段第二句话, 可知答案为 C。

Question 2

As for culture, the author point out that _____.

- A) it develops side by side with environmental factors
- B) it is also affected by environmental factors
- C) it is generally accepted to be part of the environment
- D) it is a product of man's biological instincts

【解题思路】这也是一个细节题，问关于文化方面，作者指出的是什么。根据第二段第四句话，if we study human culture, we find that it, in turn, is modified by the environmental factors of climate and geography, 可知答案为 B。

间接内容

与直接内容相反，间接内容的考题无法在原文中直接找到现成答案，它需要读者做判断，推论或计算。

例文：

The precise time of the Navajo's appearance in the Southeast is not fully agreed upon, but archaeological evidence suggests that they have been in the region for at least 500 years.

Question

According to the passage, it is more likely that the Navajo first settled in what is now the Southwestern United States during _____

- A) prehistoric times
- B) the fifteenth century
- C) the nineteenth century
- D) this century

【解题思路】文中说，根据考古材料，Navajo 人已在美国西南部地区生活了至少 500 年。因此他们在此定居的时间是距现在 500 年以上，也就是说，是在 15 世纪左右。故正确答案为 B。

三、是非题

这种题型主要测试考生是否对文章有精确而全面的把握。其问法主要有：

Which of the following statement is not true?

Which of the following statement is not mentioned in the passage?

The author mentions all of the following items except _____.

例文：

What exactly is Information Technology (infotech)? 85% of people polled (民意测验) recently had not a clue what it meant, although 53% of those polled said they thought it sounded pretty important. They were right. It is. So what is it? Well, put simply, it is the "marrying-up" of products from several key industries: computers, telephones, television, satellites. It means using micro-electronics, telecommunication networks, and fibre optics to help produce, store, obtain and send information by way of words, numbers, pictures and sound more quickly and efficiently than ever before.

The impact infotech is having and is going to have on our lives and work is tremendous. It is already linking the space industry with those of cable television so programs can be beamed directly into our homes from all over the world. Armies of "steel collar" workers, the robots, will soon be working in factories doing the boring, complex and unpleasant jobs which are at present

still done by man. In some areas such as the car industry this has already started. Television will also be used to enable customers to shop from the comfort of their homes by simply ordering via the TV screen, payment being made by direct debit (记入借方的款项) of their cards. Home banking and the automatic booking of tickets will also be done through the television screen. Cable television which in many countries now gives a choice of dozens of channels will soon be used to protect our homes by operating burglar and alarms linked to police and fire stations. Computers will run our homes, controlling the heating, air conditioning and cooking systems while robots will cope with the housework. The friendly postman will be a thing of the past as the postal service and letters disappear with the electronic mail received via viewdata screens.

Question

Which of the following does NOT result from information technology?

- A) Postmen are not needed any longer.
- B) People spend little time on housework.
- C) TV programs of other countries are available.
- D) People may call police for help to catch burglars.

【解题思路】该题问信息技术不会导致下面哪个结果。根据第二段所列的信息技术对我们的生活和工作带来的影响，可知不会导致 D 选项。故答案为 D。

四、词汇题

这类题重点不在于考察考生的词汇量，而在于考察考生根据上下文推测文中生词词义的阅读能力。词汇与阅读之间的关系是辩证的：要读得快，读得懂，就必须扩大词汇量；反之，要扩大词汇量，就必须大量阅读，较广泛地涉猎各种文字材料。在阅读过程中，我们往往会碰到生词和难词。这不仅在很大程度上影响了我们的阅读速度，而且也会妨碍我们对文章的正确理解。但是“会读”的人总能通过上下文准确地猜出一些词的意思，而且阅读后边出现的生词也会在他的阅读视野里提前呈现出其词义信息来。

这种题型有以下几种解题技巧：

1. 提示词

英语中的提示词能帮助读者推断词义。主要提示词有：is (are), e.g., called, meaning, or, that is, in other words 等。例如：

- 1) A byline, that is, the line at the head of a newspaper article that tells the author's name, is rarely given to an inexperienced reporter.

Byline: 报刊文章的作者姓名行

- 2) Stones are a better conductor of heat than soil. Or put in another way, soil is a better insulator than rock.

Insulator: 绝缘体

2. 举例

有时运用上下文所举的例子，读者也能够猜出某个单词的词义。例如：

- 1) His hobby is reading **periodicals**, such as Time Magazine, Newsweek, Reader, etc.

【解题思路】由 **periodicals** 这个词后的 “such as Time Magazine, Newsweek, Reader, etc.” 可猜出该词的词义，即期刊或杂。

- 2) In the corner there is a Christmas tree decorated with shining **ornaments**, such as colored lights and glass balls, and sometimes hung with gifts.

Ornaments:装饰物

3. 标点符号

有些生词的含义会以诸如破折号、括号或逗号等标点引出解释性词语给读者以“暗示”。

例如:

1) He takes a special interest in **botany**—the study of plants.

【解题思路】由 botany 这个词后的破折号所引出解释性词语 “the study of plants”可知 botany 的词义即植物学。

2) **Lateral thinking**, is a new technique of thinking about things—a technique that avoids this fight altogether, and solves the problem in an entirely unexpected fashion.

【解题思路】由 Lateral thinking 后的逗号和破折号所引出解释性词语可悟出其含义即横向思维。

4. 反义关系

有些句子会给出某个生词的反义词,通过反义词,我们可以推断出该词的词义。引出表示比较,对照或反义的常用词语有: unlike, but, although, though, while, yet, instead, whereas, compared with, by contrast, rather than 等。例如:

1) The class covers only the most important philosophical ideas of the 19th century, not the **trivial** one.

【解题思路】由 not 可知 trivial 是 important 的反义词,即不重要的。

2) Smith and Tom are close friends; they never **fall out**.

【解题思路】close friends 和 fall out 在意思上是对立的,由此可推测出 fall out 的词义,即吵架或解散。

5. 定语从句

定语从句的一个作用是对所修饰的名词进行解释,这一特性可以用来猜测其所修饰的词的词义。例如:

But Anne Sullivan had been blind during part of her own childhood and had learned the **Braille**, which is a system of raised dots that can be felt by the fingers of a blind person.

【解题思路】由 Braille 后的定语从句可推测出该词的词义为盲文。

6. 相关信息

有时,读者可以从上下文的有关信息获得某个单词意思的线索或暗示。例如:

Tom's father often gets angry at his laziness. But this time he **flew into a rage** when he was told about Tom's misbehaviors at school.

【解题思路】通过上文所提供的线索,我们可推测出 flew into a rage 的意思为很生气。

Practice

1. The Ouchidas are victims of indoor air pollution, which is not given sufficient attention partly because of the nation's drive to save energy. The problem itself isn't new. "The indoor environment was dirty long before energy conservation came along," says Moschandreas, a pollution scientist at Geomet Technologies in Maryland. "Energy conservation had tended to accentuate the situation in some cases."

Question

The word "accentuate" most probably means _____.

- A) worsen B) relieve C) improve D) accelerate

2. Road politeness is not only good manners, but good sense too. It takes the most cool-headed and good-tempered drivers to resist the temptation to revenge when subjected to uncivilized behaviour.

Question

By “good sense”, the writer means _____.

- A) the driver's ability to understand and react reasonably
- B) the driver's prompt response to difficult and severe conditions
- C) the driver's tolerance of rude or even savage regulations
- D) the driver's acknowledgement of politeness and regulations

3. The Atomic Age dawned in 1945, August 6 to be exact, and then, before we could catch our breath, the Space Age arrived.

Question

What does the word “dawned” mean in this sentence?

- A) came
- B) disappeared
- C) stopped
- D) changed

4. I didn't get a lot of fan mail, so I was intrigued by a letter that was dropped on my desk one morning.

Question

What does the word “intrigued” mean in this sentence?

- A) disappointed
- B) interested
- C) tired
- D) bored

【答案】1. A 2. A 3. A 4. B

五、推理题

这是阅读题中难度最大的题型。阅读考核的重点在于“理解”，即在原文各信息点的基础上，进行归纳综合，得出高于原文但又与原文内涵一致的结论。

阅读的目的不仅仅是只读懂原文，还应做到能从文章的字行间里“读出”作者虽未说明但却意欲表达的意图，这就是我们通常所说的“言外之意”。就阅读理解的层面来讲，推论更注重文章的整体性和文章结构的连贯性，因此它又被称为“推论理解层”。它要求读者凭借自己的阅读经验和语言能力，分析、评价文章的优劣和作出判断。如评估和判断信息的确切性、事件发生的可能性以及证明事实的可信性等。这种判断不同于假设和没有根据的猜测，而是根据文章的内容所作出的符合逻辑的推理。

有关推论的考题类型常以下列形式出现：

From the passage, we can infer that _____.

The author of the passage would most likely imply _____.

What does the passage imply about _____ ?

Which of the following can be inferred from the passage?

It can be concluded from the passage that _____ .

Which of the following statements is supported by the passage?

例文：

By the late nineteenth century, the focus for the engineers and builders of tunnels was beginning to shift from Europe to the United States and especially New York, where the river enriching Manhattan captured the imagination of tunnelers and challenged their ingenuity. The first to accept the challenge was a somewhat mysterious Californian named De Witt Clinton Haskin, who turned up in New York in the 1870s with a proposal to tunnel through the silt (淤泥) under the Hudson River between Manhattan and Jersey City.

Question

What does the author imply about De Witt Clinton Haskin's background?

- A) It did not qualify him to handle explosives.
- B) It was not something people knew much about.
- C) It concluded diverse work experience.
- D) It concluded many inferior projects.

【解题思路】文中没有提到关于“De Witt Clinton Haskin”的背景，只说他是加利福尼亚州人。但作者却给了我们足够的暗示，说他是“a somewhat mysterious Californian”，其中的关键是“mysterious”这个形容词，由此可以判断出人们对其背景所知不多，这才使得他带有神秘的色彩，故 B 为正确答案。

下面提供一篇英语四级文章并做详细的解答：

In recent years, there has been a steady assault on salt from the doctors: salt is bad for you, regardless of your health. Politicians also got on board. "There is a direct relationship," US congressman Neal Smith noted, "between the amount of sodium a person consumes and heart disease, circulatory disorders, stroke and even early death."

Frightening, if true! But many doctors and medical researchers are now beginning to feel the salt scare has gone too far. "All this hue and cry about eating salt is unnecessary," Dr. Dustan insists. "For most of us it probably doesn't make much difference how much salt we eat." Dustan's most recent short-term study of 150 people showed that those with normal blood pressure experienced no change at all when placed on an extremely low-salt diet, or later when salt was reintroduced. Of the hypertensive subjects, however, half of those on the low-salt diet did experience a drop in blood pressure, which returned to its previous level when salt was reintroduced.

"An adequate to somewhat excessive salt intake has probably saved many more lives than it has cost in the general population," notes Dr. John H. Laragh. "So a recommendation that the whole population should avoid salt makes no sense."

Medical experts agree that everyone should practice reasonable "moderation" in salt consumption. For the average person, a moderate amount might run from four to ten grams a day, or roughly 1/3 to 1/2 of a teaspoon. The equivalent of one to two grams of this salt allowance would come from the natural sodium in food. The rest would be added in processing, preparation or at the table.

Those with kidney, liver or heart problems may have to limit dietary salt, if their doctor advises. But even the very vocal "low salt" exponent, Dr. Arthur Hull Hayes, Jr. admits that "we do not know whether increased sodium consumption causes hypertension." In fact, there is growing scientific evidence that other factors may be involved: deficiencies in calcium, potassium, perhaps magnesium; obesity (much more dangerous than sodium); genetic predisposition; stress.

"It is not your enemy," says Dr. Laragh. "Salt is the No. 1 natural component of all human tissue, and the idea that you don't need it is wrong. Unless your doctor has proven that you have a salt-related health problem, there is no reason to give it up."

1. According to some doctors and politicians, the amount of salt consumed ————

- A) exhibits as an aggravating factor to people in poor health.

- B) cures diseases such as stroke and circulatory disorders.
 - C) correlates highly with some diseases.
 - D) is irrelevant to people suffering from heart disease.
2. From Dr. Dustan's study we can infer that _____
- A) a low-salt diet may be prescribed for some people.
 - B) the amount of salt intake has nothing to do with one's blood pressure.
 - C) the reduction of salt intake can cure a hypertensive patient.
 - D) an extremely low-salt diet makes no difference to anyone.
3. In the third paragraph, Dr. Laragh implies that _____
- A) people should not be afraid of taking excessive salt.
 - B) doctors should not advise people to avoid salt.
 - C) an adequate to excessive salt intake is recommended for people in disease.
 - D) excessive salt intake has claimed some victims in the general population.
4. The phrase "vocal ... exponent" most probably refers to _____
- A) eloquent doctor.
 - B) articulate opponent.
 - C) loud speaker.
 - D) strong advocate.
5. What is the main message of this text?
- A) the salt scare is justified.
 - B) the cause of hypertension is now understood.
 - C) the moderate use of salt is recommended.
 - D) salt consumption is to be promoted.

1. 第一题是一道细节题。对于这种习题，我们应严格依据原文内容进行分析。对这种选项进行分析时，完全依赖于对文章的具体理解和答题者的逻辑推理。文章第一段“In recent years, there has been a steady assault on salt from the doctors: salt is bad for you, regardless of your health. Politicians also got on board. "There is a direct relationship," US congressman Neal Smith noted, "between the amount of sodium a person consumes and heart disease, circulatory disorders, stroke and even early death.”提到了 doctors 和 politicians，问题中的 some doctors and politicians 就指这些人，所以根据文章第一段，答案应该是 C。第一段中讲述盐和疾病有关联，而并非是治疗疾病，所以 B、D 是错误的；第一句中提到 regardless of your health，可见并非是对健康状况差的人而言，所以 A 是错误选项；

2. 第二题是 infer 总结题。对这类题必须紧扣文章的主要线索（意图），要重视逻辑推理。

从文章内容来看 Dustan's most recent short-term study of 150 people showed that those with normal blood pressure experienced no change at all when placed on an extremely low-salt diet, or later when salt was reintroduced. Of the hypertensive subjects, however, half of those on the low-salt diet did experience a drop in blood pressure, which returned to its previous level when salt was reintroduced. 该句意思已经说明盐的摄入量对于血压正常的人没有影响，而对于高血压病人有影响。所以 B、D 是错误的；文章中提到的少量摄入盐可以帮助患者降低血压，但不是治疗，所以 C 是错误的。根据排除法，A 是正确的。同时 infer 类题目也应该挖掘文字表面没有出现的字眼。因此选 A。

3. 第三题是 implied 型试题，对于这类试题，我们可以遵循以下原则。从文章内容来看 "An adequate to somewhat excessive salt intake has probably saved many more lives than it has cost in

the general population," notes Dr. John H. Laragh. "So a recommendation that the whole population should avoid salt makes no sense." Dr. John H. Laragh 认为适量的对盐的摄入对人们更有利些。他并没有明确说明医生们该怎样做，但他说明“So a recommendation that the whole population should avoid salt makes no sense”，这实际上是针对医生和政治家而言的。因为 imply 是暗示，所以在选项中应该挖掘文章表面没有出现的字眼。该项选 B。

4. 第四题是一个判断词汇的题，我们对于判断单词含意的命题，应仔细研究句意及其与上下文的关系，最好找一个对应的词帮助理解。

根据文章内容 But even the very vocal "low salt" exponent, Dr. Arthur Hull Hayes, Jr. admits that "we do not know whether increased sodium consumption causes hypertension." In fact, there is growing scientific evidence that other factors may be involved: deficiencies in calcium, potassium, perhaps magnesium; obesity (much more dangerous than sodium); genetic predisposition; stress. 的表达，句中有一词 even，另外还有 In fact. Even 在这里说明 Dr. Arthur Hull Hayes 所承认的事实可能和他的想法有出入；In fact 表明"low salt" exponent 所持观点是有待考证的。根据文章内容，那些认为少用盐的观点是不正确的。而 Dr. Arthur Hull Hayes 即属于这类人。因此 Dr. Arthur Hull Hayes 是一个赞同少用盐的人，是一个"low salt" exponent，所以答案是 D。

5. 第五题是一个中心意思考察题。对于这类题，我们应从主要意图和全面照顾文章内容着眼。这篇文章主要讲述对盐的摄入要适当就可以了，我们没有必要放弃对盐的使用，没有必要担心对盐的使用。如同文章最后一段所说"It is not your enemy," says Dr. Laragh. "Salt is the No.1 natural component of all human tissue, and the idea that you don't need it is wrong. Unless your doctor has proven that you have a salt-related health problem, there is no reason to give it up. 文章提到了相反的观点，但又对其进行了反驳，最后确立正确观点。所以答案为 C。

实战练习

After the violent earthquake that shook Los Angeles in 1994, earthquake scientists had good news to report: The damage and death toll could have been much worse.

More than 60 people died in this earthquake. By comparison, an earthquake of similar intensity that shook American in 1988 claimed 25,000 victims.

Injuries and deaths were relatively less in Los Angeles because the quake occurred at 4:31 a. m. on a holiday, when traffic was light on the city's highways. In addition, changes made to the construction codes in Los Angeles during the last 20 years have strengthened the city's buildings and highways, making them more resistant to quake.

Despite the good news, civil engineers aren't resting on their successes. Pinned to their drawing boards are blueprints for improved quake-resistant buildings. The new design should offer even greater security to cities where earthquake often take place.

In the past, making structures quake-resistant meant firm yet flexible materials, such as steel and wood that bent without breaking. Later, people tried to lift a building off its foundation, and insert rubber and steel between the building and its foundation to reduce the impact of ground vibrations. The most recent designs give buildings brains as well as concrete and steel supports. Called smart buildings, the structures respond like living organisms to an earthquake's vibrations. When the ground shakes and the building tips forward, the computer would force the building to shift in the opposite direction.

The new smart structure could be very expensive to build. However, they would save many lives and would be less likely to be damaged during the earthquakes.

1. One reason why the loss of lives in the Los Angeles earthquake was comparatively low is that _____.
- A) improvements have been made in the construction of buildings and highways
 - B) it occurred in the residential areas rather than on the highways
 - C) large numbers of Los Angeles residents had gone for a holiday
 - D) new computers had been installed in the buildings
2. The function of the computer mentioned in the passage is to _____.
- A) help strengthen the foundation of the building
 - B) predict the coming of an earthquake with accuracy
 - C) counterbalance an earthquake's action on the building
 - D) measure the impact of an earthquake's vibration
3. The smart buildings discussed in the passage _____.
- A) would cause serious financial problems
 - B) would be worthwhile though costly
 - C) would increase the complexity of architectural design
 - D) can reduce the ground vibration caused by earthquakes
4. It can be inferred from the passage that in minimizing the damage caused by earthquakes, attention should be focused on _____.
- A) the increasing use of rubber and steel in capital construction
 - B) the reduction of the impact of ground vibration
 - C) the development of flexible building materials
 - D) early forecasts of earthquakes
5. The author's main purpose in writing the passage is to _____.
- A) compare the consequences of the earthquakes that occurred in the U.S.
 - B) encourage civil engineers to make more extensive use of computers
 - C) outline the history of the development of quake-resistant building materials
 - D) report new developments in constructing quake-resistant building

【答案】 1.A 2.C 3.B 4.B 5.D