



2014
精于研究 专于考试

大学英语四级考试

标准 阅读

新题型

100篇

王长喜 主编

CET-4

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS



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2014 透视改革 全新突破 完胜新题型



中国的教育家，有课堂上教育人者，有潜心学术研究者，有著作等身的出版者，而耕耘大学英语教育数十年的王长喜老师，则三者兼有。

——人民教育家研究院常务副院长 徐启建

外研社进军教辅领域，有着得天独厚的优势，与长喜英语品牌的强强联手，更是如虎添翼。有了编辑出版的专业保障，再加上长喜英语的品牌影响，相信这一系列图书的出版，会成为中国教辅图书市场的一剂强心剂。

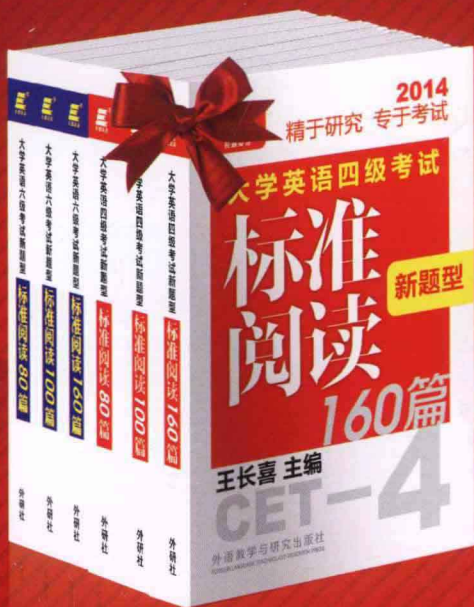
——《中国出版传媒商报》社长、总编辑 孙月沐

每年的四六级考试前后，都是沪江英语论坛最活跃的时候，求真题、押考题、晒考经。如果要统计讨论的“热词”，王长喜和他的“长喜英语”绝对胜出。在英语学习辅导用书层出不穷的当下，能让大学生们熟悉、信赖、喜欢，还对“长喜英语”不离不弃，长喜老师实在是“高”！

——沪江网总编 王晓苏

第一次参加四级就赶上新题型改革，多亏看了长喜英语的视频课，做了长喜大叔的新题型试题，写作、翻译一点儿也不难，听力、阅读也超给力。六级，我会再接再厉！

——天津外国语大学学生 李秋菊



长喜教授的书既畅销又常销。作为英语教辅品牌，长喜英语既有学术价值又长于考试实操。2013年“外研社长喜英语”工作室成立，系列新书又将与广大学子见面。20余年，长喜英语不仅品牌长青，还又生新枝，可谓“长喜”。

——《京华时报》教育周刊主编 辛欣

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- 《大学英语四级/六级考试新题型 标准阅读80篇》
读新话题，熟相关词；分析难句，全文翻译。
- 《大学英语四级/六级考试新题型 标准阅读100篇》
话题新颖，答案明确，点出技巧，传授方法。
- 《大学英语四级/六级考试新题型 标准阅读160篇》
循序渐进，从稳扎稳打，到游刃有余，带你挑战高分。

前言

改革后的四级新题型阅读部分包括三个题型：长篇阅读、篇章词汇和篇章阅读，本书紧扣改革新动向，按照这三个题型分别成章，并且在第四篇给出 5 套综合阅读试题，满足大家专项专练、综合提高的需求。

本书从文章选材到试题设置以及答案解析都进行了精心而科学的策划和编写。本书主要包括以下特色：

一、标准文章 全新选材

本书所选的 100 篇文章内容新颖、时代感强，紧扣四级历年常考话题，与现实情况和热点问题联系紧密，社会化、知识普及性高。本书文章选自不同的英美外版材料，为保持原汁原味，其原有英式或美式拼写不变。

二、设题标准 尺度严格

设题点是否合理、设题思路是否严谨、干扰选项是否有效，这是判断四级阅读设题是否标准的几大尺度。本书在保持与四级考试“题材、体裁吻合，长度、难度适合，题干、选项符合”的基础上，进一步深入研究、探索四级最新真题的命题规律，总结出细节设题标准，并将这些标准渗透到本书命题的每一个环节，真正做到了与真题无异的程度。现将本书命题的参考标准呈现给大家：

1. 四级篇章词汇标准

四级篇章词汇每篇文章的平均长度为 251 个单词；其中最短的文章包含 205 个单词；最长的文章包含 292 个单词。篇章词汇的选项中分布最多的是动词，占 47%；其次是名词，占 39%；形容词和副词分别占 10% 和 4%。

我们在选取文章和命题的过程中均严格参照这个标准，凡是超出该标准的均为不合格试题，在本书中不予采用。

2. 四级长篇阅读标准

1) 关于四级长篇阅读的字数：历年真题中考过的四级长篇阅读（原快速阅读）共 21 篇，这些文章的平均单词数为 1,015 个，其中最短的一篇为 848 个词，最长的一篇为 1,073 个词，可见，长篇阅读的长度在 1,000 词上下略有浮动。

2) 关于四级长篇阅读的单词分布：通过使用语料库工具进行统计发现，四级长篇阅读中所含的四、六级词汇为 99.7%，超纲词比例仅为 0.3%，难度控制较为合理。

3) 关于四级长篇阅读的命题分布：通过对 21 套真题的长篇阅读中试题与原文关系的统计发现，30% 的试题在原文中涉及到两句，且这两句一般都是相邻的

句子;70%的试题对应原文中的某一个单句。另外,约有30%的试题涉及到数字,70%的试题不涉及到数字。

由于改革后的新题型尚无历年真题可以参照,但我们认为历年的快速阅读的数据对于它的命题应该还是有一定的参考标准的,比如文章的总长度以及试题在文章段落中的分布等等。

本书所选文章及所设试题均严格参照上述标准。

三、结构主旨 简明提示

文章结构和主旨分析对于阅读题有着重要作用。因此,我们在撰写解析的过程中会对文章的结构主旨和文章大意进行简练的表述,供读者快速掌握全文的大意。

对于篇章词汇选项中出现的选项,我们进行了简洁的词性及释义标注,供大家在做题时参考。

四、解题思路 渗透方法

每个单元题目的解析都是按照学生实际做题过程中注意力集中点的转移路线而给出,解析的同时还渗透了做题方法的讲解,因此,考生看解析的过程其实也是学习做题的过程。全书解析模式统一、行文清晰,有助于学习者培养稳定的做题思路,从而在考场上做到从容不迫。

《大学英语四级考试新题型标准阅读100篇》将继续以新颖原创的文章选材、严格标准的题目设计、全面独到的难点剖析、细致详尽的词汇注解、准确地道的全文翻译、高效实用的技巧点拨,陪您一路走向阅读高分。

注:

一、鉴于一些学生可能对四六级改革后的新题型的具体答题方式还不太了解,本书正文中长篇阅读、篇章词汇和篇章阅读理解部分又没有相关的做题导语进行提示,特在本处将这三种题型的导语附注出来。

1. 四级长篇阅读导语:

In this section, you are going to read a passage with ten statements attached to it. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

2. 四级篇章词汇导语:

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.

3. 四级篇章阅读导语：

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.

二、“全文翻译”部分序号说明：

[] 加大写英文字母代表与文章对应的段落序号。[] 加阿拉伯数字，对应练习题的序号。其中有些里面有圆圈加阿拉伯数字，对应该练习题答案讲解的不同信息点。

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第一篇 长篇阅读

Passage 1

[医疗:医疗健康 1070 词 建议做题时间:12 分钟]

Exercise to Protect Aging Bodies and Brains

[A] We all know that exercise is good for human beings. Staying physically active helps keep your heart healthy and your muscles strong, and to cancer patients it has even been shown to ward off *relapse* (复发). Now a series of independently conducted studies on the effects of exercise on healthy older adults, published in the *Archives of Internal Medicine*, confirms that logging time at the gym not only helps maintain good health but may even prevent the attack of chronic diseases, such as heart disease, *osteoarthritis* (骨关节炎) and *dementia* (痴呆).

[B] In one surprising trial, researchers led by Dr. Teresa Liu-Ambrose at the University of British Columbia randomly assigned 155 aging women to three separate groups and directly compared the cognitive effects of two types of exercise: resistance training, done once or twice weekly, in which participants worked out with free weights and weight machines and did squats and lunges, versus toning and balance exercises, which participants did twice a week. By the end of the year-long study, the women who weight-trained saw an improvement in their performance on cognitive tests of memory and learning as well as in executive functions such as decision-making and conflict resolution — women who trained once a week improved their scores in executive functioning by 12.6% — while those who did balance and toning exercises showed no such improvement. The muscle-strengthening exercise also helped the volunteers, aged 65 to 75, boost their walking speed, a commonly used indicator of overall health status in the elderly, as faster pace has been linked with lower mortality.

[C] The Canadian researchers' findings were somewhat unexpected, given that previous studies on the issue have typically focused on aerobic exercise, which experts believe enhances cognitive function by promoting blood flow to the brain. Liu-Ambrose says her team speculated that anaerobic weight training would have a similar effect. A resistance-training regimen requires a considerable amount of learning, especially for elderly

people who may not be accustomed to the equipment. To learn how to use dumbbells, a leg press or a latissimus pull-down machine correctly, for example, the volunteers were required to focus on the task at hand, master new techniques and retain new information about proper and safe use of equipment. Previous studies have shown that such learning can help older adults maintain mental acuity.

[D] The women also had to remember their weight settings and adjustments to the seats and keep track of the number of repetitions they completed, says Liu-Ambrose. “There is a lot more learning involved that may not occur if you take up a walking program,” she says, noting that it took the volunteers a good two months to get comfortable with the equipment and the training regimen. In addition, Liu-Ambrose says, other studies have found that people who weight-train show an increase in blood levels of a growth factor that is important for maintaining skeletal mass. This factor, it turns out, also promotes nerve growth, which could be another way that resistance training boosts mental function.

[E] In a second brain-function study, published in the same journal, scientists in Germany found that increased physical activity was associated with a lower incidence of dementia. In this study, researchers recruited 3,485 elderly residents in Bavaria and asked them about their physical activity. None of the participants had dementia at the start of the analysis, but after two years of follow-up, researchers found that those who exercised at least three times a week were half as likely to have developed dementia, compared with the people who reported no physical activity. Based on his results, says lead author Dr. Thorleif Etgen, a professor of psychiatry and psychotherapy at München University, “it doesn’t make a big difference if you have moderate or high physical activity. The important message is that you do any activity. And even if you start late in life, at 60 or 70, there is a benefit, for it’s never too late to start exercising.”

[F] The key words are “moderate or high”, according to another study that was published in the *Archives of Internal Medicine*. Dr. Qi Sun, a researcher at Harvard School of Public Health, analyzed 13,000 women participating in the Nurses’ Health Study and found that when it came to exercise, more was better. Compared with women who jogged for 20

minutes a week, those who jogged three hours a week or walked briskly for five hours a week were 76% more likely to age successfully, free of chronic illnesses such as cancer and heart disease, as well as mental and physical impairment. Sun's group found that this benefit occurred across all weight divisions, meaning that even among those who were overweight or obese, women who exercised improved their odds of aging without chronic disease. The effects may apply across different age groups as well; the women were at least 60 years old by the time they enrolled in the study, and while Sun was not able to determine how long they had been exercising prior to that, the results suggest that the health benefits are not limited to the young.

[G] That was the same message of the final exercise paper in the journal, by researchers at University of Erlangen-Nuremberg in Germany. In this trial, a group of 246 elderly women were randomly assigned to an 18-month exercise regimen or wellness program. The women participating in the four-times-weekly exercise sessions, which involved aerobics and balance and muscle training, improved their bone mineral density by nearly 2%. The women in the wellness group, which focused on walking, muscle relaxation and breathing skills, had a 0.33% increase in bone mineral density over the same time period.

[H] Despite the positive evidence, however, not all researchers are ready to suggest that exercise is a sure-fire prescription against mental decline or chronic disease to healthy people. To make that claim, a large, longer-term, controlled trial would be needed, in which participants are randomly assigned to exercise or not, and are then followed for the development of chronic conditions such as cancer, heart disease or dementia.

[I] Still, says Dr. Marco Pahor, director of the Institute on Aging at the University of Florida and author of a commentary on the studies appearing in the journal, "if you pool all the evidence together, the benefits of exercise seem promising."

1. According to experts, aerobic exercise raises people's cognitive function by stimulating blood flow to the brain.
2. According to the studies published in the *Archives of Internal Medicine*, for the healthy elderly exercise keeps them from getting some

chronic diseases.

3. According to the research done by University of Erlangen-Nuremberg, different types of exercise taken by elderly women have different effect on their bone mineral density in the same period.
4. The participants in Liu-Ambrose's research take the toning and balance exercises twice a week.
5. In Dr. Marco Pahor's opinion, all provided evidence proves that exercise can bring promising benefits.
6. Doing some activities, whether moderate or high physical, will benefit people of all ages, therefore, it's never too late to exercise.
7. According to previous studies, elderly people who involve in the learning of using the resistance-training equipment can keep their mind acute.
8. German scientists find out that doing more physical exercise could lower the rate of dementia.
9. The result of Liu-Ambrose and his partners' research about the cognitive effects of two kinds of exercise on aging women shows that resistance training is good for promoting cognitive function.
10. According to Qi Sun's research, women who take more exercise have little chance to get some chronic diseases in their process of aging.



解题思路

1. [C]。题目意为:专家认为,有氧运动通过改善脑部血流来提升人的认知能力。

由题干中的线索词 aerobic exercise, blood flow to the brain 将本题出处定位至 [C] 段第一句。该句定语从句 which experts believe enhances... 解释了专家们认为有氧运动是如何提高认知能力的,他们认为有氧运动通过增加脑部供血提高人的认知能力。

2. [A]。题目意为:发表在《内科学文献》上的研究表明,健康老年人所做的锻炼使得他们远离一些慢性疾病。

由题干中的线索词 the Archives of Internal Medicine, chronic diseases 将本题出处定位至 [A] 段第三句。该句指出,多项研究表明,锻炼不仅可以帮助健康老年人保持身体健康,还有可能帮助他们预防心脏病等慢性疾病。原文中有大量的前置定语(a series of independently conducted)和后置定语(on the effects of exercise on healthy older adults; published in the Archives of Internal Medicine)来修饰 studies;题目中 exercise 对应文中的 logging time

at the gym;此外,原句使用了 not only... but may even...,本题是对 but may even 后面内容的同义复述。

3. [G]。题目意为:德国纽伦堡大学的研究显示,中老年女性所进行的不同锻炼在同一个时间段内,对她们的骨密度有不同的影响。

由题干中的线索词 University of Erlangen-Nuremberg, bone mineral density 将本题出处定位至[G]段。该段介绍了德国纽伦堡大学对 246 名中老年女性参加运动情况的研究,让她们在同一时段做不同的运动,结果发现她们骨密度增加值却并不相同。

4. [B]。题目意为:参加利乌-安布罗斯的研究项目的自愿者们每周进行两次调理和平衡练习。

由题干中的线索词 Liu-Ambrose, toning and balance exercises 将本题出处定位至[B]段第一句。该句主要介绍了特雷沙·利马-安布罗斯以及他的同伴们所做的研究:将参加研究的自愿者们分成三组分别进行耐力训练和调理及平衡练习。其中调理及平衡练习的频率是每周两次,在原文中 which 引导的非限定性定语从句 which participants did twice a week 是对 toning and balance exercises 的补充说明。

5. [I]。马尔科·帕霍尔博士认为,综合现有的证据看来,锻炼的好处显而易见。

由题干中的线索词 Marco Pahor 将本题出处定位至[I]段。本段最后一句提到佛罗里达大学老年研究院主任马尔科·帕霍尔的话指出,综上所述看来,锻炼大有裨益;同时也呼应了全文。

6. [E]。题目意为:做一些运动,不管是适度的还是高体力强度的,都将对各个年龄段的人们有益;因此,任何时候开始锻炼都不算晚。

由题干中的线索词 moderate or high physical, never too late to exercise 将本题出处定位至[E]段。该段段末引用德国慕尼黑大学精神病学和心理疗法教授托尔利夫·埃特根博士的话指出,适度的活动量和高强度的活动量对于健康而言并没有太大区别;运动对于各个年龄段的人都是有益的,任何时候开始锻炼都不晚。本题是对原文直接引语的同义转述。

7. [C]。题目意为:以前的研究显示,那些参加试用耐力训练设备的老人们能够保持头脑灵活。

由题干中的线索词 previous studies, acute 将本题出处初步定位至[C]段。该段最后一句中的 such learning 回指本段中前几句提到的学习使用练习耐力训练的设备的设备的事情。题目中 keep their mind acute 与原文中的 help older adults maintain mental acuity 构成同义复现。

8. [E]。题目意为:德国科学家发现,多做运动有助于降低老年痴呆症的发病率。

由题干中的线索词 German, dementia 将本题出处定位至[E]段。该段首句提到在同一杂志发表的另一篇脑功能研究中,德国科学家发现,增强身体锻

炼能降低老年痴呆症的发病率。题目中的 could lower the rate of dementia 对应于原文中的 was associated with a lower incidence of dementia。

9. [B]。题目意为:利马-安布罗斯和他的同伴们对于年长女性通过两种锻炼方式对认知所产生的影响的研究结果表明,持续的训练有助于提升认知功能。

由题干中的线索词 Liu-Ambrose, the cognitive effects, aging women 将本题出处定位至[B]段。[B]段讲了这两种锻炼的分组情况和每组应做的锻炼项目,研究结果显示,在记忆力、学习能力以及执行能力(做决策或解决冲突等的能力)的认知能力测试中,参加重量训练的女性的成绩有所提高,而调理和平衡练习组的人几乎没有提高。文中的 resistance training 所指的即是 weight-trained,它与文中所提及的 toning and balance exercises 相对。题目中的 cognitive function 对应原文中所提到的 cognitive tests of memory and learning as well as in executive functions。

10. [F]。题目意为:孙齐的研究显示,多做运动的妇女们在她们年老时患慢性病的几率会大大降低。

由题干中的线索词 Qi Sun, chronic diseases 将本题出处定位至[F]段。该段介绍了孙齐的研究,该研究发现,锻炼越多对身体越好。从第二句开始具体介绍其研究成果:每周慢跑三小时或快走五小时的人随着年龄增长得慢性病(如癌症和心脏病)以及精神和身体受损的几率要低 76%。此外,这一结果适用于各个体重的人,这就是说即使身体超重或肥胖的女性,如果锻炼的话也能降低她们年老时患慢性疾病的风险。题目中 women who take more exercise 概括了坚持锻炼的、各种体重的妇女。

全文翻译

锻炼能防止身体以及大脑老化

[A] 大家都知道运动对人有好处。经常锻炼身体有助于保持心脏健康和肌肉结实,事实证明锻炼甚至能防止癌症复发。[2]在《内科学文献》上发表的多篇有关锻炼对健康老年人影响的独立研究证明,花在健身房里不仅有助于保持身体健康,甚至可能会预防心脏病、关节炎和痴呆症等慢性疾病的发生。

[B] [4]在一个结果出人意料的试验中,加拿大英属哥伦比亚大学的特雷沙·利马-安布罗斯博士带领研究人员把 155 名年长女性随机分成了三个独立的组,前两组进行一周一次到两次的耐力训练,这种训练分别要求她们进行自由重量训练及机械训练,做深蹲和弓步,第三组每周进行两次调理和平衡练习,然后研究人员直接对比这两类运动对她们认知能力的影响。[9]一年后研究者惊奇地发现,在记忆力、学习能力以及执行能力(如决策或解决冲突等的能力)的认知能力测试中,参加重量训练的女性的成绩有所提高——其中每周训练一次的那些女性其执行能力测试成绩提高了 12.6%——而调理和平衡